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A MARKHAM POEM

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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



Henry
Ditz

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The Meaning of Dreams
God's Love Manifested in Healing Cancer
A Demonstration of God's Protection

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THOUSANDS are finding more of these through the use of ELIZABETH TOWNE'S FOUR LESSONS for beginners in New Thought study.

Read the following reports of students of the Lessons. Each one read and followed the simple instructions as best he could.

"Have Regained Love of One I Was Afraid I Was Losing"

"Have followed exercises outlined in Lesson II for one month. Memory is better and have regained the love of one I was afraid I was losing."—R. M., Wis.

"Have been affirming for the old love and confidence of my husband and he is more like his old self. He now seems to want to be with the children and me more. My nerves are better than they have been for the past two months."—W. A. G., Pa.

"My Stomach Trouble Seems to Have Left Completely—Look 100% Better"

"Have followed Lesson II implicitly. Feeling simply fine. My stomach trouble seems to have left completely. Sleep like a top and feel more cheerful. Everyone tells me I look 100% better."—Mrs. B. B., N. J.

"I Could Not Sleep for the Pain"

"Last winter my arms and legs began to get stiff and ache all the time. Some nights I could not sleep for the pain. I would get my arms up and could hardly get them down. When I sat down, could hardly walk when I got up. Before I had practiced the Lessons a week I began to feel better. The numbness is all gone and I seldom feel a pain. Can work without an ache in my arms. Thank you so much, and may God bless you in your chosen work."—Mrs. J. G. P., Ohio.

"Am feeling much better. The lump in my ear is surely dissolving. The discharge is getting less every day."—Mrs. F. F., N. J.

Troublesome Heart Now Strong and Regular, Skin Irritation Healed

"Am finishing the third month's study, and beginning the fourth. I scarcely ever feel nervous any more. A troublesome heart has become strong and regular. A skin irritation

has left me. I can work long hours where I dragged for years."—Mrs. H. M. D., Iowa.

Indigestion of Years' Standing Relieved

"I have followed Lesson I in accordance with instructions for one month. It has relieved a case of indigestion of many years' standing."—L. A. B., N. Y.

"Greatest Desire of My Life Has Been Granted"

"The greatest desire of my life has been granted. Health is better than it has been for years."—Mrs. E. M., N. Y.

"I have gained in health, have more friends and money and still gaining."—C. C. N., Mo.

Vast Improvement in Complexion and Hair

"I have practiced Lessons I and II and can see vast improvement in clearness of complexion, health of hair and general physical condition; also an increase in finances as well as number of friends."—M. A., Iowa

"I am reporting on the second Lesson. The breathing exercises give me a restful feeling and stir up the circulation. My complexion is becoming more clear every day."—G. F., Ohio.

Violinist Helped in Expression

"My philosophy is already changed and I find myself growing happier. Music is my avocation. I am sure you understand how much better a violinist can play when he can express the joy of his being through his instrument."—J. L. B., Fla.

Self-Consciousness Overcome

"Have derived benefit in every way, especially in overcoming self-consciousness."—L. B., Conn.

How to Get the Lessons Free

THE FOUR LESSONS ARE FREE with an order for our own publications at regular retail price (selected from the list on pages 6 and 7 of this magazine) amounting to not less than \$3.25.

Solar Plexus book and "How to Concentrate" (both by Mrs. Towne) must be used with the Lessons and should be included in your order.

Or you can get the Four Lessons and the two booklets for \$1.60.

THE ELIZABETH TOWNE CO., Inc.,
Holyoke, Mass.

NAUTILUS NEWS

BY THE EDITORS

W. Y. M. WRITES A BOOK.

The author of "Tuning In On The Vibrations of Love" has written a little book called "*How to Heal Yourself and Others*". You will find an announcement of it on another page in this number of *Nautilus*. It's all about W. Y. M.'s own life. And her experience in learning to apply God's healing power of love in all her affairs. And how anyone can come into harmony with this same power and find healing and prosperity. The book sets forth the law of Divine healing so plainly that a child can understand and apply its instruction.

ALL THE DOCTORS IN TOWN SAID NOTHING COULD BE DONE. "Since I began reading *Nautilus* I have received many helps personally and for my family, which consists of a wife and five boys. But the principle demonstration is in

the case of a woman who has been an invalid for 10 years. Every doctor in town said nothing could be done. Specialists and hospitals had given the case up, pronouncing her incurable. Then I started to talk to her until she began to believe in the great God within. Then I gave her *Nautilus* to read. She is not entirely well, but looks forward to the time when she will be. A year ago she could hardly feed herself or walk. Last week she made a complete dress for her daughter, thirteen.

"I hope your readers will be interested. To me it is wonderful."—J. H. K., N. J.

"HOW I FOUND GOD'S LAW OF PROSPERITY."

then understand God's law of love, and how it can supply every need." Incidentally she will tell how she visualized a lap full of dimes—and the strange result that followed.

THE DREAM OF FAILURE.

Do you know that the subconscious mind sometimes works for failure and the defeat of consciously directed undertakings? In his article, "*How Dreams Sometimes Become the Prophecies of Their Own Fulfillment*", in November *Nautilus*, C. W. Chamberlain says: "It may be difficult for one who is unfamiliar with the tendencies of the subconscious to realize that sometimes people who are battling desperately for success really are hoping that they will fail. That is, that their subconscious is following a program that has failure for its goal, and it does everything within its power to prevent the success of the individual who consciously dreams of success." Read about this subject further in November *Nautilus*.

This will be the leading article in November *Nautilus*. The author is W. Y. M. "Often," she writes, "I saw my babies put to bed cold and hungry because I did not

know that the subconscious mind sometimes works for failure and the defeat of consciously directed undertakings?"

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**OTHER FEATURES
OF NOVEMBER
NAUTILUS.**

"How to Establish the Subconscious Habit of Joy", by Gertrude A. Bradford. Give the cause of mental depression and tells how to overcome it.

"An Infallible Rule", a long-promised article on how to preserve harmony in the home, by Ethel G. Peterson. "It works absolutely," says the author, "with as unfailing accurate results as one obtains in applying an algebraic rule."

"My Greatest Discovery in Overcoming Conditions", by Brown Landone. It is not conditions that prevent you from succeeding, but *what you think about conditions*.

"Elements of a Powerful Personality", by Thomas Parker Boyd. The qualities that make men great and useful, summarized for the busy reader.

The winner of the prize offered in the Beginners' Department will be announced, and the first of the "Mr. Brown" answers will be published in that department in November *Nautilus*.

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MAKE A PRACTICE
OF DOING THIS.**

Many *Nautilus* readers do just what the man whose letter we print above has done: They pass on their old copies of *Nautilus* to those whom they know will read it, with real interest. Many also send in new subscriptions they get in this way, finding it a real joy to bring the possibility of a new happiness and a greater degree of health to someone who is sick or discouraged. In this number of *Nautilus* are several articles that will give a very real lift to those who read and apply them. If you get *Nautilus* through the mail you will find a Subscription Order Blank which is enclosed for the convenience of those who wish to send in new subscribers. It saves writing a letter.

We feel that NAUTILUS has been a large contributor towards the realization of this, our first publication: "When My Ship Comes In".—E. and J. Peterson, 118 Court St., Brooklyn, N. Y.

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must be set right before you can enjoy good health and success. Poor health and failure are the result of ignorance; of wrong thinking. My method shows you how to correct your thought, and perfect health and success are the result.

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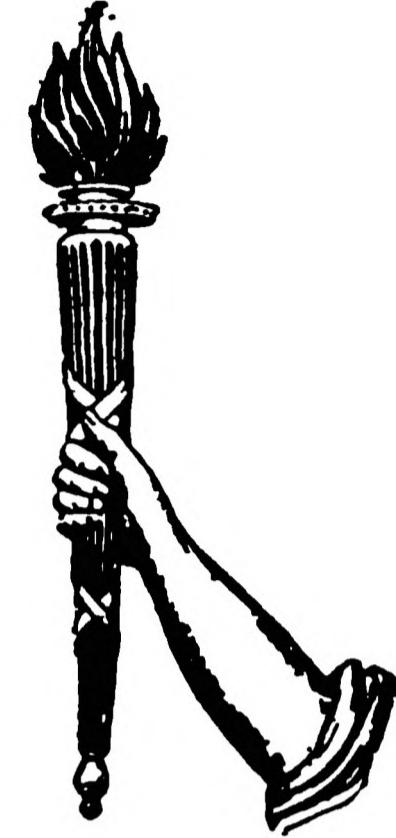
MATTHEWS DAWSON

3253 Western Ave., Chevy Chase, Maryland

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A few years since, W. Y. M. was a poor fisherman's wife, living in abject poverty in a little houseboat on the Red River.

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How she first learned of God's great healing law of love.

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And how it brought clothing and needed food for the family in their darkest hour.

How it brought them out into the light of health and prosperity.

And how God's healing power can do the same for others.

All this through the understanding of the simple truth that God's love heals and prospers.

A child can read and understand this little text book of Divine Healing.

Part of Contents

- How to Heal Yourself and Others.
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- Bible Statements of Truth.
- How God's Love Kept Our Fields of Growing Things in Perfect Condition During Drouth.
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will tell you how
to get these things



Do you realize that you can have a good home, a nice car, a comfortable bank balance, and a real love relation to crown your life with supreme happiness? You can! Other people around you are enjoying these things. Why not you? If you have any idea that they are made of better stuff than you are made of, dismiss it from your mind; for it is cruelly false, and is cheating you and your loved ones of the things that would MAKE LIFE REALLY WORTH LIVING.

If YOU are a man or woman of average intelligence, you have within you as much real ability as the most successful man or woman you know, and as much power to get the things that would make you happy—not the same kind of ability and power, maybe, but just as much. You may not have the ability and power to do exactly the same thing that some other man or woman is doing, but you have the ability and power to be a real master at doing something which the world wants done, and for which it would pay you lavishly. If you have not already found out what that something is, you can find it out and be abundantly happy and successful in doing it.

There is only a very slight margin between failure and success. The men and women who are successful and happy are just average men and women who have in some way—perhaps by accident—contacted a wonderful indwelling power which is in all of us, but which is never contacted by the majority of people; and by their methods of thought they are drawing upon it for the fulfillment of their desires. That same power is in you, and if you could only contact it and draw upon it, you could

BE ANYTHING YOU WANT TO BE

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THE NAUTILUS

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CHESTER HOLT STRUBLE, Managing Editor

Edwin Markham
Thomas Parker Boyd
Claude William Chamberlain
Paul Ellsworth
Brown Landone

These are
Some of
The Nautilus
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Others
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THE ELIZABETH TOWNE COMPANY, Inc., HOLYOKE, MASS.

ELTO SERVICE

—Offered by—

THE AMERICAN SCHOOL OF CHRISTIAN METAPHYSICS AND PSYCHOLOGY

WHAT IT IS

A SERVICE of Personal Letters with analysis of your problem, instruction and realization methods.

PURPOSE

To give our friends who desire it, direct personal, individual consultation and the Silent Word for realization. To aid you in understanding yourself in relation to God and mankind, that the INFINITE POWER within you may be released to expression in the directions you desire. This relationship in the normal man, means Health, Happiness and Success.

HOW TO CONNECT WITH ELTO

State your problem concisely and in full. Tell us all about it and about yourself, that we may give our best service to you. Mention age, nationality, weight, whether married or single, family relationships, occupation, and briefly what you have done thus far in bringing your desires to pass. Should we require further information, a questionnaire will be mailed to you.

TERMS

\$5 plus Love Offering if the Spirit moves. The \$5 helps to cover the average cost per letter, office expense, salaries of stenographers, etc.

ADDRESS

All letters to ELTO SERVICE, Alwyn R. Gruenwald, Executive Director, 247 Cabot St., Holyoke, Mass.

"And ye shall Know the truth and the truth shall make you free"—Jesus

Say you saw it in NAUTILUS. See guarantee, page 5.

NEW THOUGHT CENTERS.

Following is a list of New Thought Centers and Reading Rooms. The letter (M) following indicates that open meetings are held.

ABERDEEN, Scotland, N. B.—First Harmony New Thought Center, Joseph Taylor, Secretary, 45 John St.
ALAMEDA, Cal.—Home of Truth, Cor. Grand St. and Alameda Av.
ANDERSON, Ind.—Glen M. Tait, Farmers' Trust Bldg.
ATLANTIC CITY.—Truth Center, 1113 Boardwalk, Suite 6. Carl W. Hubert, Leader. Reading Room. (M)
BALTIMORE, Md.—New Thought Center and reading room, 603 N. Paca St. Rev. Grace A. M. Bratcher. (Col.)
—Baltimore New Thought and Unity Center, Stif's Hall, 315 N Howard St., 8:15 p. m. every Tuesday.
—Ida May Waters, 609 Cathedral st. (M)
BOSTON, MASS.—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)
—Astrological and Occult Book Center and New Thought Library, 687 Boylston st.
—The Metaphysical Club, 234 Boylston st., Fri. 3 p. m., Sun. 8 p. m. (M)
BOURNEMOUTH, England.—Mrs. Helen Rhodes-Wallace, Leader, 127 Lowther Road. (M)
BRIDGEPORT, Conn.—The Bridgeport New Thought Center, 189 State st. (M)
BROOKLYN, N. Y.—Radiant Center, Mrs. T. Shoudy, 950 Greene av. (M)
—Truth Center, Mary Frances Walsh, 128 Park Place, Brooklyn, N. Y. (M)
BUFFALO, N. Y.—League for the Larger Life, 152 Elmwood av., 2 to 5 and 6 to 9 p. m. (M)
CENTRALIA, Ill.—Metaphysical Book Shop and Reading Room, 200½ E. Broadway, R. 8 (upstairs).
CHESTERBURST, N. J.—New Life Fraternity. Mrs. Grace Collins, 59 New st., Woodbridge, N. J. (Col.)
CHICAGO, Ill.—Chicago First Unity Society, 500 Capitol Bldg., 159 N. State st. Nellie McCollum, Leader.
CINCINNATI, Ohio.—New Thought Temple, 1216 Mercantile Lbr. Bldg. Mrs. May Cornell Stoiber, Leader. (M)
—Cincinnati Unity Center, Frederick Elias Andrews, Burnett House, 309 Vine. Daily 12 and 2. (M)
—New Thought Universal Truth Center, 11 W. McMicken Ave. and Vine st. Leader, Wilhelmina Bickett.
CLEVELAND, Ohio.—The First Church of Divine Science of Cleveland, Ohio, Truman Bldg., 1030 Euclid Ave.
COLLISON, Ill.—Truth Center. Mrs. Mary Fritz.
COLORADO SPRINGS, Colo.—New Civilization Center, Mrs. M. S. Bassinet, 116 E. Platte. (M)
DALLAS, Tex.—Unity Self Help Circle, 1631 Pine st. Mrs. George W. Keeley, Secretary. (M)
—“The Guidepost, Inc.” 1708½ Commerce St. (M). Library. Classes. (M)
DENVER, Colo.—The Colorado College of Divine Science, 1819 E. 14th Ave. Rev. Nona L. Brooks, Pres. (M)
DES MOINES, Iowa.—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel, 5:30 to 8:00 evenings.
DUMONT, N. J.—New Thought Center and Rest Room for N. T. people. Mrs. C. E. Bennett. (M)
EDINBURGH, Scotland.—Edinburgh New Thought Center, 37 Castle st. Library. (M)
FOLSOM, W. Va.—Mrs. J. W. Scott.
FT. WAYNE, Ind.—Mrs. Margaret Coan, 2505 S. Barr st. 1st. and 4th. Fri. 8 p. m. (M)
HAMILTON, Ohio.—New Thought Unity Temple, 7th st.
HONOLULU, T. H.—Metaphysical Centre, Lanikaike Library and Reading Room. Open meetings on Tuesday afternoons and Wednesday evenings.
HOUSTON, Texas.—Unity Metaphysical Center, 1 and 2 New Majestic Theatre Bldg. Mrs. Edith V. Michaux. (M)
INDIANAPOLIS, Ind.—Unity Truth Center, 1115 Odd Fellows' Bldg., Muriel G. Powell, Leader. (M)
JACKSONVILLE, Fla.—Unity Center, Seneca Hotel, Lois M. Albertson. (M)
LANSING, Mich.—Practical Christianity Class. Mrs. Beanie Pinkham, 830 Raymond av. (M)
LAS VEGAS, Nevada.—Metaphysical Circulating Library. P. O. Box 320. Hazel Hefner, Librarian, Old Town.
LONDON, England.—Mr. Charles Ware (Pres. Brit. Soc. I. N. T. A.) The Studios, Cheniston Gardens, W. S.
—Miss Alice M. Callow, 31 Stanwick Rd., West Kensington.
—Rally Rendo, Miss H. Bridgeman, 28 Denmark St., W. C. 2.
LOS ANGELES, Calif.—Hall of Psychology, 1003 W. 7th st. Meetings every noon.
—New Thought Center of Spiritual Helpfulness, 5448 Lemon Grove av.
—Metaphysical Circulating Library, 909-914 Black Bldg. (M)
—The Brotherhood of Light, 818 Union League Bldg. (M)
MELBOURNE, Australia.—New Thought Book Depot and Lending Library, 229 Collins st.
MEXICO CITY.—“Libreria Orientalista” Tacuba 53. Mr. Luis Leal. “Taller de Teosofia” (M) Rosales 22.
MILWAUKEE, Wis.—First Unity Center of Milwaukee, 180 Oneida st. (M)
MINNEAPOLIS, Minn.—The New Life Fraternity, Dr. Amelia A. Randell, 2744 4th av., south. (M)
—Harmonist Center, Ernest C. Wilson, 1607 Nicollet ave. (M)
MONROVIA, Calif.—Unity Metaphysical Center. Study and expression classes. Library.
MONTREAL, Canada.—Divine Psychology Center, Leader, Mrs. Evelyn LeMoine Bruneau, 3544 Park av. (M)
NEVADA, N. W.—Weltmer School and Sanitarium, 206 South Ash st. Free Library. (M)
NEWARK, N. J.—Unity Truth Realization Society, 435 Fourth av., near Roseville av.

—The Open Door Psychology Centre. Florence Maybell Vincent, 223 Lake St. Study classes.

NEWARK, N. J.—New Thought Study Class. Public Library Assembly Room. (M)

NEW ORLEANS, La.—New Orleans Truth Center, 1311 St. Charles Ave., Eleanor G. Graham, President. (M)

NEW YORK CITY.—Applied Psychology Assn., Hotel Astor. Leader, Anna C. Noble.

—Mrs. Mary E. T. Chapin, Hotel Commodore. Sun. Service. Commodore Ballroom 11:15 (M) Interviews and Classes.

—The Goodyear Metaphysical Book Shop, Inc. 25 West 42d st. Rooms 222-3-4. (M)

—Sears Philosophy Library, 828 Seventh Av., (near 54th St.)

—Unity Society of Scientific Christianity, 37 West 39th St. Rooms 302-303-304. (M)

NIAGARA FALLS, N. Y.—New Thought Center, 358 Prospect st. Thursday 7:30. Mrs. John C. Level. (M)

NO. WINDHAM, Maine.—World's Helpers of Humanity.

OAKLAND, Calif.—Sarah C. Morse, Hill Court, 465 Belleville St., Apt. 28.

—Metaphysical Library, Odd Fellows' Bldg., 11th near Franklin St.

—Truth Center, Ebell Club Bldg., 1440 Harrison St. Mrs. Letitia A. Andrews.

OKLAHOMA CITY, Okla.—First New Thought Center, 212 Baltimore Bldg. Dr. L. H. Hilsmeier, leader. (M)

—Pola Alto. Pola Alto Truth Center, 565 Hamilton. Lerinda B. Kennedy—Tr.

PALMKNOLLA, SEASTOPOL, Calif.—Unity Truth Center Mattie M. Robinson, Leader. (M)

PHILADELPHIA, Pa.—Dr. Elizabeth M. Clark, 1411 North 18th st. By appointment.

—Unity Center of Truth, Unity Bldg., 236 So. 13th st.

PORTLAND, Me.—Miss Ellinor S. Moody, 42 Dearing St. Reading classes and library.

PORTLAND, Ore.—Metaphysical Library, 212 Central Bldg., 10th and Adler. Nettie Taylor Koh. (M)

PROVIDENCE, R. I.—New Thought Center, 72 Weybosset St. Room 307. (M)

RENO, Nevada.—Radiance Center of Love. Geo. Miller, Sec. Saturno Hotel.

SAN DIEGO, Calif.—New Thought Center, Park Hotel, 3350 5th st. Rooms 60, 61, 62. Mary C. Perkins. (M)

—Impersonal Truth Center, 814 Watts Bldg., Samuel Walker Sloan in charge. (M)

—House of Blessing, Practical Biblical Research, 2109 2d st. Myra Freya Wiseman and John Wiseman. (M)

SAN JOSE, Calif.—Mrs. E. Odiums, New Thought Center, 339 S. 3rd St. (M)

SAN FRANCISCO, Calif.—Metaphysical Library, 466 Geary St., Room 412. Free Reading Room. Noon talks. (M)

—Olivia Kingland, 2899 Washington st. (M)

—Home of Truth, 1919 Sacramento st., near Gough st.

—Metaphysical Studio, class and individual instruction. Rev. Geo. C. Golden, 68 Post st.

—San Francisco Truth Center, 258 Sutter St. Practitioner in charge. (M)

SANTA BARBARA, Calif.—Truth Center, 39 Mihran Studio Bldg., East Carrillo st. (M)

SANTA CRUZ, Calif.—Metaphysical Library and Reading Room. Margaret D. Brenholz, 43 Locust St. (M)

SANTA MONICA, Calif.—The Truth Seeker's Center, 1317 Ocean Av. Dr. and Mrs. G. D. Wilcoxen, leaders. (M)

SEATTLE, Wash.—Raymer's Old Book Store, 1330 First Ave. (M)

—The Center of Christian Philosophy, Rooms 537-538 Waldorf Hotel.

SPOKANE, Wash.—Metaphysical Library, 308 Norfolk Building. Free reading room. (M)

SPRINGFIELD, Mass.—Unity Center, 356 Main st. Mrs. Mandie Robbins King. Meetings Wed. 8 p. m. (M)

ST. PAUL, Minn.—Society of Truth, Mrs. A. C. Marelius, Sec. 446 A. Wabasha st.

ST LOUIS, Mo.—New Thought League Headquarters, 509 North Newstead ave. Phone Delmar 1936. (M)

—North Side Society of Practical Christianity, 4003-08 Gane av. Chas. Schlag, Pastor. (M)

—Society of Practical Christianity, Divine Science, 3617-19 Wyoming st. H. H. Schroeder, Pastor. (M)

—St. Louis Truth Center, 4030 Lindell Blvd. Rev. Emil C. Hartmann, Leader. (M)

—Spiritual Bible Center, 272 Field Bldg. Minister, Laura C. Pinckard.

SYRACUSE, N. Y.—Miss Katherine Carter, Reading Room, No. 2, 155 East Onondaga st. (M)

TACOMA, Wash.—Metaphysical Center, 719 E. st. Lela D. Combs, leader. (M)

TAMPA, Fla.—Truth Center, 112 Hyde Park Place, Margaret M. Mahaffey. (M)

TULSA, Okla.—Unity Reading Room, 510½ So. Main St. Mrs. Harry White, Leader. (M)

WASHINGTON, D. C.—League for the Larger Life, 1814 N. st. N. W. (M) Universal.

—Metaphysical Library, 1627 K st., N. W. Universal.

—National Center of Christ Healing and Christ Service, 812 17th St., N. W. Second floor. (M)

—Capitol Service Center, 632 P. Ave., N. W. (M)

WINNIPEG, Man., Canada.—New Thought and Christian Psychology Center, 615 Mulvey Ave. Mr. L. F. Shields, Leader. (M)

WORCESTER, Mass.—Worcester Metaphysical Center, 216 Day Bldg., 306 Main st. (M)

YONKERS, N. Y.—Yonkers New Thought Center, 130 Ashburton av.

YOUNGSTOWN, Ohio.—The New Fellowship School of Harmony, 305 Elm st., Mrs. C. H. Fuller, Pres. (M)

Give Me 5 Days and I'll Give You a *Magnetic Personality* Let Me Prove It — *FREE!*

I CAN so magnetize your personality that people will be drawn to you at once, irresistibly.

I can show you how to use the amazing principle of magnetic control to win quick success in your business or profession.

I can place in your hands the key to supreme power and happiness—give you a great new confidence in yourself—overcome almost at once any timidity or self-consciousness you may have.

I can give you a glorious new magnetic personality so that you can influence the minds of others, attract people to you instantly, be popular and well-liked wherever you go!

Let me prove it. Give me 5 days, and if in that time you do not experience a new surge of personal power, if you do not find yourself making friends wherever you may be, if you do not discover yourself on the road to happiness, wealth, success—the test will cost you nothing whatever. You are the judge.

What is Personal Magnetism?

No leader of men has long survived without it. No great orator or musician or actor can hold audiences spellbound without it. No salesman, no business man, can win an outstanding success without it. Personal magnetism! It is your greatest capital—greater by far than wealth, than good looks. It is you, made magnetic! It is you, with a personality so fascinating and irresistible that people are drawn to you as steel is drawn to a magnet!

My Method Releases Your Personal Magnetism

No long course of study. No tedious mental exercises. Just a simple, clear, age-old principle that releases the full sweep of your magnetic potentialities—and makes you almost a new person. A principle that never fails to work, because it con-

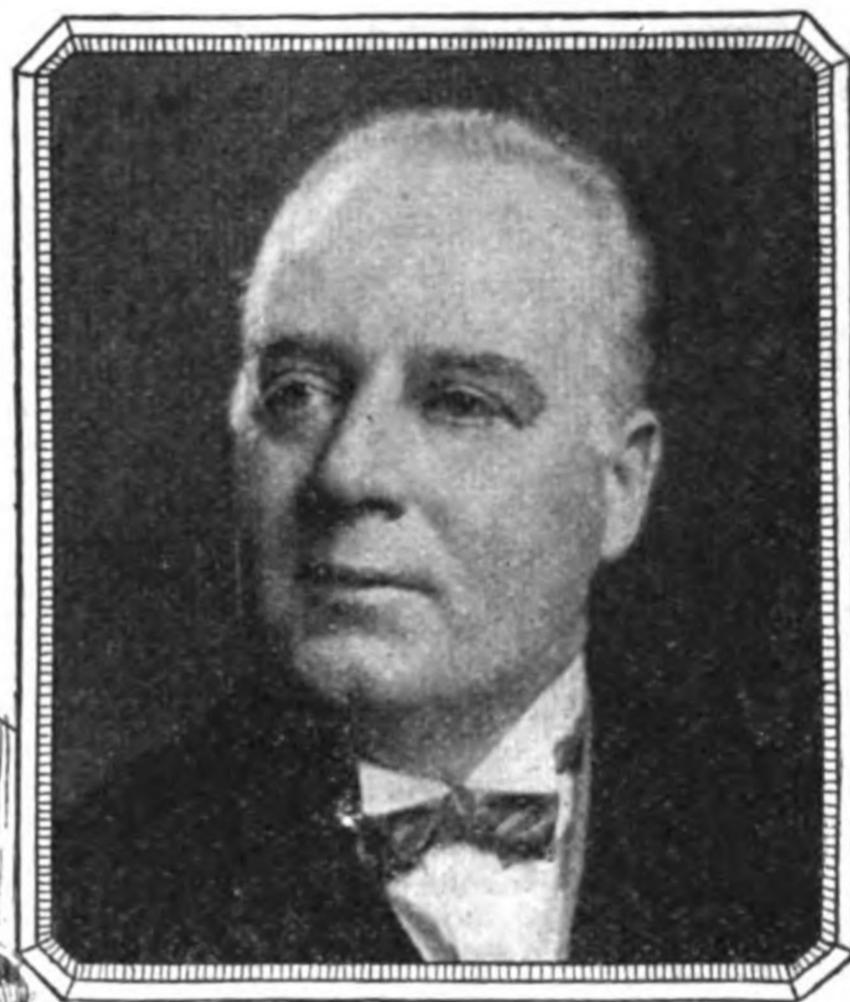


Think what personal magnetism will mean to you in business, in your contact with men and women. You will win! You will get what you want!

spires with Nature to make you the dynamic, forceful, fascinating person you were intended to be.

The fundamental principles of Personal Magnetism have been put into a series of four volumes under the title of "The Cultivation of Personal Magnetism". These books give you the key to a magnetic personality—or they cost you nothing. That is my free proof offer to you.

The study and scope of Personal Magnetism is as broad as life itself. "Fires of Magnetism," "Sex Influences," "The Magnetic Voice," "Physical Magnetism," "The Magnetic Eye," "The Road to Power" and "The Winning Personality" are only a few of the sub-



jects covered in this amazing series of books.

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If you aren't stirred and inspired in the 5-day free period, return the books and they cost you nothing. Otherwise keep them as your own and remit only \$3 in full payment for the four books. You are the sole judge. You do not pay unless you are delighted. And then you pay only \$3 for the four remarkable books!

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All right—I'll be the judge. You may send me the four volumes "Cultivation of Personal Magnetism" for 5 days' FREE EXAMINATION in my home. Within the 5 days I will either remit the special low price of only \$3.00 for the four books complete, or return them without cost or obligation.

Name.....

Address.....

City State

Say you saw it in NAUTILUS. See guarantee, page 5.



CUT A of unretouched photograph by Wachter taken at 2:30 P.M. Aug. 20, 1922, after Mr. Landone had rested 36 hours to make best appearance possible. Compare with B opposite. This shows Mr. Landone as he really looked 3 years and 2 months ago.

Neither This, Nor That

Mr. Landone's attainment is the more remarkable in that he HAS worked steadily and enjoyed life 20 hours a day; but has NEVER taken exercise as exercise for over a generation; has NEVER bothered to make a single affirmation of youth; has NEVER taken the trouble to DENY age; has NEVER concentrated nor meditated on the matter.

In stead he has WORKED and LIVED JOYOUSLY—expressing LOVE, expressing MIND, and expressing LIFE in accord with the processes that GROW YOUTH instead of those which grow age.

N. B. Important Explanation (In no way related to Beginning Youth): Last month there were so many registrations for studies of Hidden Causes (See last month's announcement in Nautilus) that ONLY ONE MORE announcement of THAT work will be made BEFORE January, 1926.

BEGINNING YOUTH

By BROWN LANDONE

(NO OTHER announcement of this work of Beginning Youth will be made UNTIL April 1926!)

ALL PASSED ON, EXCEPT—

One afternoon, 30 years ago, eight metaphysicians of higher thought talked seriously of the great truth of eternal youthfulness and certainty of its fulfilment here and now.

Each of these (except Mr. Landone) was so certain that the realization of the truth and affirmation of it would bring youthfulness that they then and there sincerely pledged themselves to meet 50 years hence at breakfast.

Today, with the exception of Mr. Landone, every one of them has "passed on". He at that time did not make the pledge because he realized that something more was needed than affirmations of eternal youthfulness; and consequently he set for himself the joy of GROWING youth.

Some of the landmarks on the way are indicated by what follows, and some of the changes taking place in him are indicated by the cuts of photographs on this page.

ONLY a Few of the Comments on Actual RESULTS

SO CHANGED, HUSBAND IS ASTOUNDED: "The lessons in Beginning Youth have changed me so much that my husband says he doesn't know what to think of me. I am much happier than I have been for a very long time."—FROM ONE WHO WAS THOUGHT TO BE DYING.

MARVELOUS BODY CHANGE IN A MAN OF 58: "My body has braced up. My spine in the dorsal region, when making the curved movements, is freer. My chest has come forward. The upward lift of the head has made a wonderful difference."—FROM A MAN WHO HAD STEADILY LOST STRENGTH.

GAINED WEIGHT IN A WEEK: "With joy I write that I have gained two pounds since a week ago. I'm on the way. My gain in weight this week I feel sure is due to that continued tilt of my head and chin 'till I feel the draw plus the joy."—FROM A TEACHER OF ENGLISH LITERATURE.

FROM 50 YEARS TO 30; OTHERS SEE THE CHANGE: "Just recently a man who has not seen me for several months said: 'How much better you must be. When I last saw you, you looked fifty years and now THIRTY'!"—FROM ONE WHO WAS TROUBLED WITH A HUNDRED ILLS.

AS TO HOW TO SECURE BEGINNING YOUTH. See the bottom of next page directly opposite to this!

Another N. B.

- (1) Most of this page concerns Beginning Youth.
- (2) BUT, the LEFT bottom corner is about Personal Work in discovering Hidden Causes of your trouble; it is not a part of Beginning Youth.
- (3) And the RIGHT bottom corner is about the opportunity of spending a week near Mr. Landone; it is NOT a part of Beginning Youth nor of any other work.



CUT B of UNRETOUCHED photograph by Stein taken at 4:40 P.M. March 19, 1925 after 49 hours' continuous work without sleep. Compare with A taken 2 years 7 months previously. Note how many lines of Cut A had already disappeared by March, 1925.

WOULD YOU LIKE?

Do you imagine YOU would like to have cuts of unretouched "proofs" of YOUR photographs published,—cuts of "proofs" just as they come from the photographer before any retouching is done?

For truth instead of vanity, Mr. Landone has consented to have his published here.

So, here we print two cuts of unretouched photographs—A and B. They are NOT "before" and "after", but merely steps along the path of continuously GROWING YOUTH.

Compare them to learn a little of the changes DUE to BEGINNING YOUTH.

PERSONAL CONTACT WORK: So many requests have been made, that Mr. Landone has arranged so that those who so desire may live near him—one at a time and only one each week—to have a conference with him every day during the week.



BEGINNING YOUTH

By BROWN LANDONE



(This work is so important and so different from any other work in Becoming Youthful that more than one page is required;—Hence, read the opposite page first.)

LANDMARKS ON THE PATH

Twenty one years ago Brown Landone wrote "The Beginning of Physical Immortality". Since that time he has not uttered a word or written any thing more on the subject. Instead, he has LIVED.

In January 1923, an intimate friend who had not seen Mr. Landone since 1913 in Paris, exclaimed, "Not one day older: how do you keep so young!"

And ten years previously, a noted international leader who had not seen Mr. Landone for 11 years, said—on meeting him again, "How you have CHANGED; how much YOUNGER you are!"

In 1906, a teacher and leader who had not seen Mr. Landone for many years, remarked: "It is ASTOUNDING: it is beyond belief: I teach people how to KEEP young,—but you LIVE and GROW youthfulness!"

CUT D of photograph by Wachter; taken August 20, 1922 and much retouched by photographic artist to make best possible magazine cut. Compared with C (this page) it has many less lines although not so much retouched.

IF NOT CLEAR

To print half tone cuts well on the paper used in Nautilus the cuts must be made to what is called "Screen 120". Hence these cuts do not show even one half the differences shown by the actual photographs of A and B.

OTHERS are Beginning to DO what Landone has DONE

AT 70 YEARS I FEEL LIKE 25: "I have been living just what you say is necessary to grow youth—and I certainly have accomplished that very thing. I am doing the same work I did at 25 years of age and with less fatigue,"—FROM AN UNCLE OF A FORMER PRESIDENT OF THE UNITED STATES.

EXERCISES AND GRACE OF MOVEMENT: "I feel and walk more gracefully, and Oh! I am so much happier! I am better than when I last wrote you. I am experiencing new joy every day. Your lessons are wonderful."—FROM ONE WHO HAS CHANGED IN 3 MONTHS AFTER YEARS OF SADNESS.

GROWING YOUTH HEALS YEAR OLD CONDITION: "More than a year ago, I turned back one side of my "thimble finger" nail. The finger became infected and nothing—prayers, et cetera—would cause it to heal. The pain has been intense for a year. On Tuesday of this week the finger

became well. The nail has become attached at the sides; swelling all gone and with it the pain. There is NEWNESS! PRAISE GOD!"—FROM ONE WHO IS RECONSTRUCTING HER BODY AT 62 YEARS OF AGE.

LOOKING A GENERATION YOUNGER: "I send you a thousand thanks mentally. People repeatedly remark about the improvement in my looks and manner."—FROM ONE WHO HAS CHANGED MUCH IN 60 DAYS.

EVEN HEART CHANGED: "Since I took your lessons for Growing Youth, my heart is functioning more normally,"—FROM ONE WHO SUFFERED ALSO FROM GOITRE AND DROPSY.

MAKES ALL CLEAR: "Beginning Youth highly appeals to me, intellectually and spiritually. A number of things not readily understandable heretofore are being clarified,"—FROM A STUDENT OF MANY CULTS AND RELIGIONS.

WHAT TO DO AND HOW AND WHEN

COURSE: BEGINNING YOUTH is a COURSE of 16 LESSONS plus 16 Instruction Letters plus 16 Personal Letters—64 parts in all! It is the first course ever given in BEGINNING YOUTH by Mr. Landone. It is the result of over a generation and a half of growth of such value that it has given him an abundant life of joyous endurance.

FEE: The FEE for these lessons is \$34.40 to be paid at time of registration.

OR, for those who have had any other work with Mr. Landone or those knowing of his work, Payments to be made as follows:

- (1) \$14.40 at the time of registration;
- (2) 7.00 two weeks later; then—
- (3) 5.00 each week for three weeks in succession.

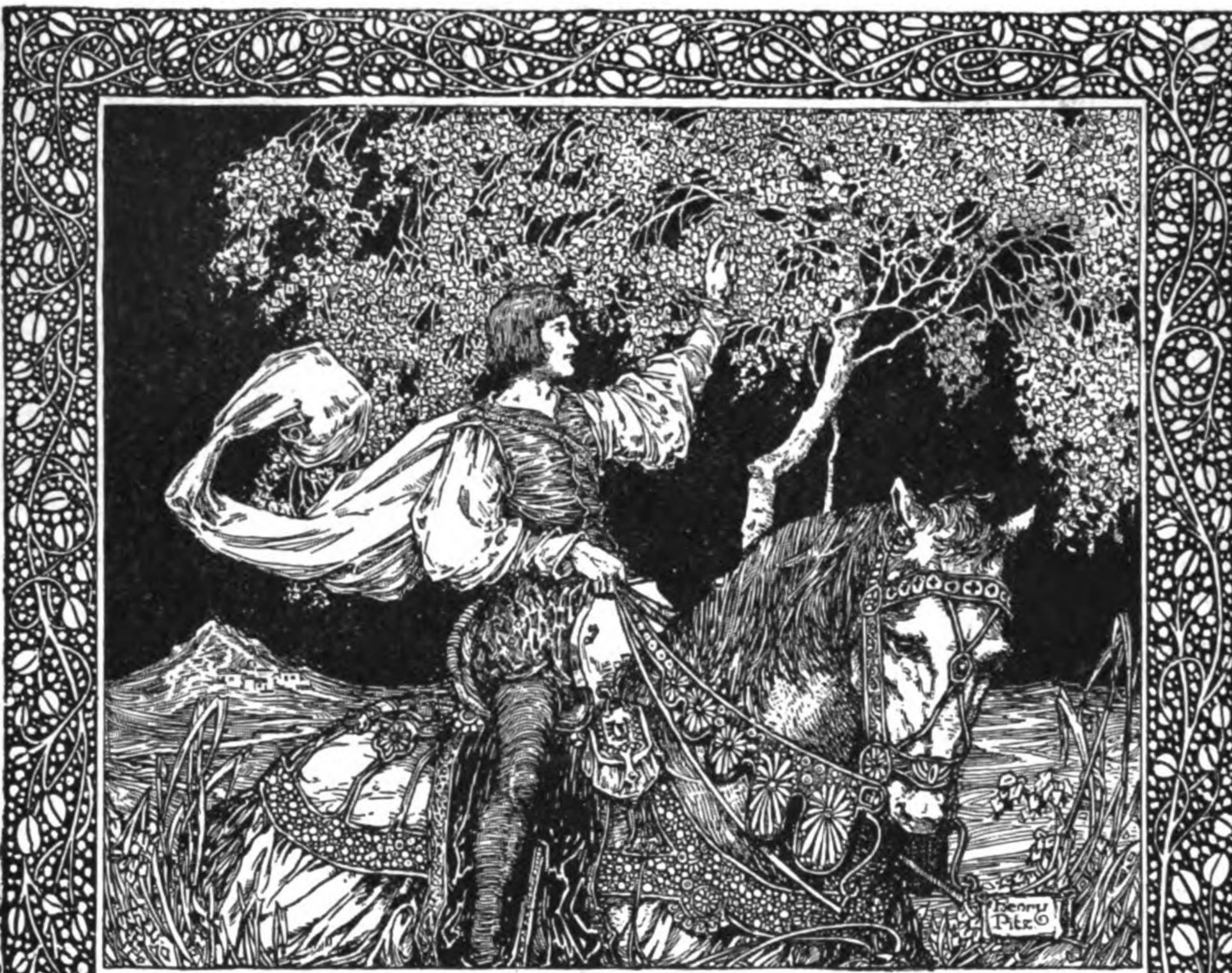
ACCEPTANCE: Only 100 people will be accepted now. Mr. Landone devotes especial attention to this work and WILL NOT accept MORE than 100 registrants at a time.

REGISTRATION: must take place during the current month, October. For registration, send Fee to

CEPHAS BRAINERD, Personal Secretary, Box 316, Hackensack, N. J.

Beginning Youth will NOT be announced again for 7 months—not until April, 1926!

Say you saw it in NAUTILUS. See guarantee, page 5.



The Deathless Love

By EDWIN MARKHAM

The rust can gnaw into the hardest steel,
Yet there's the emerald it cannot mar;
So there's a love that wears the eternal seal,
One that is constant as the ancient star.

The Joy-Bringer

I dreamed that I had burst these mortal bands,
Was free of earth, and running in all lands,
Running from door to door, on feet of fire,
Giving to every one his heart's desire.



NAUTILUS MAGAZINE

Self-Help Through Self-Knowledge



MONTHLY
\$1.00 a Year

OCTOBER, 1925

Vol. XXVII
No. 121

EDITORIALS *by Elizabeth Towne*

"Build thee more stately mansions, oh, my soul
As the swift seasons roll!
Leave thy low vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by life's unresting
sea."
—Holmes' "The Chambered Nautilus".

A Meditation To Help You Tune In With Divine Love, The One Healing Power.

EVERY avenue of my being is open to the inflowing and the outflowing of God's Divine Love, which is my health, happiness, and prosperity. God is Love, and I am loving.

I love my family, all my relatives, every one, all my friends and acquaintances, every one, all my "enemies", and all the world besides.

I now send my loving blessings to (thinking the name of anyone whom you wish to bless, heal, or help.) He is the child of God just as I am. Every avenue of his being is open to the inflowing and the outflowing of God's Divine Love, just as mine is. God's love moving through him to expression, brings divine supply, divine guidance, divine health, happiness, and prosperity. I love him and bless him.

God's love now frees me to His health, happiness, prosperity, and to loving service in the world. God now prospers me in every way, and I rejoice in sending His prosperity on to everybody else.

What I claim for myself, I affirm also for these loved ones, for my "enemies", for everybody in the world. God now works for good to all of us.

Every day I express more of God's perfect health in loving service to others. The Spirit in me moves me to physical activity, in loving service to those with whom I live. Every day I can do a little more for myself, and by doing it I can lovingly bless those with whom I live. *Every day I improve* in the ability to use my body as well as my mind to the glory of God, in loving service to Him.

I glorify God and I am healed now, in spirit and in truth, and I thank God, now. I now pray to the Father, and as I pray, I BELIEVE THAT I RECEIVE, that perfect health which He creates in and for me. Every day I express more of God's perfect health. Glory to God in the Highest.

Use this treatment the first thing in the morning and the last thing at night. Take this statement into the Silence and use the treatment, with all your heart and soul. Read it slowly, lovingly. Listen to the thoughts of God *which will come into your mind while you are reading*. Your own thoughts which will come directly to you from the Spirit.

▽ ▽ ▽

To One Who Fails to Impress Others.

THE secret of attracting people and impressing them, is that you be INTERESTED in the things you are talking about. If you were interested in your life, in every detail of your living, you would attract people to you just because they would be interested, too, in what you have to say.

But the fact of the matter is, you are living an artificial life. You are thinking canned thoughts. You put no love nor good will nor

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energy into the work you are doing day by day. Consequently you are not interested, nor interesting.

Your letter sounds as if you are eternally trying to *get* things. You want to *get* attention and consideration from other people. You want to *get* plenty to eat, plenty to wear, a soft spot to lie on, etc. And your aim is to *get* those without *giving* anything on your own part.

You are telling me how much you want other people to do for you, and that they do not please you. But never once do you say anything about what you *do towards pleasing other people!*

Your idea of yourself and of the world is entirely wrong: all these years you have been trying to *get* things. The truth is you already have the things you desire, and more things than you can possibly realize!—God in you is abundant supply for every need and every desire. It is for you to EXPRESS, to press outward that abundant supply of life, love, interest, gentleness, faith, work, from within yourself. You are already what you desire to be. But you must EXPRESS IT. You must let your light shine, in thought, in word, and act, so that those about you may see your good works, AND GLORIFY YOUR FATHER WHICH IS IN HEAVEN. You need to quit trying to glorify yourself, to have people attracted to you personally: what you need to do is to express God, to express love, to express loving interest and loving kindness, in all that you do and say. Then shall your faith shine with the glory of your loving kindness, so that all people shall be attracted towards you. Honest interest and loving kindness and loving service, is the secret of "personality".

And every person who ever came into the world has a wonderful personality, if he will only EXPRESS it—press it out into thought and action.

But your idea is to *sit still and have things come to you*. You have yourself upside down, in your own mind!

Turn yourself right side up, and begin to EXPRESS loving kindness, loving interest, loving helpfulness.

Never mind the things that you don't like! Just smile when people criticise, and say

something nice in return. A loving answer will always turn away criticism. Or at least it will bring the loving kindness into the criticism, so that it will not hurt.



The Los Angeles I. N. T. A. Congress Blesses All of Us!

TRULY Christ's kingdom of heaven IS at hand IN THE CONSCIOUSNESS of this International New Thought Alliance—the Congress demonstrated it to the joy of All of Us who attended.

And it was the largest Congress yet. About 50% more registrations than ever before. The record audience, the first Sunday night, was estimated at 2000, the last Sunday eve was not far behind it, with an average attendance of well over 1000 for the other six evenings and the four Sunday daytime sessions. The weekday afternoon sessions averaged almost as many and it was marvelous to see these great audiences sit from 2:30 to 4:30 so interested and attentive, fans swaying silently; and then almost all of them remaining for the 4:30 Experience Forums which continued up to 6 P. M.!

Allowing for the hundreds who attended all seven sessions daily—it was estimated that about 10,000 individuals were in attendance sometime during the 8 days of regular meetings. Eight days of pentecostal blessing to All of Us.

"No array of words can express how AT PEACE I am" about the Congress, our Alliance, our New Man President, Mr. G. Rupert Lesch, our Headquarters workers and our activities planned for the coming year. Truly "there is a new breathing in the entire movement", as our Dr. McInnes wrote. Breathing is LIFE. And Life is ACTION. As never before, All of Us are DOING the will of the Father consciously in His kingdom AT HAND, and thereby *experiencing, realizing the Divine One in All of Us, through All of Us to each other and to All.*

In loving appreciation, gratefulness and confidence in All of Us, I accept the "new portfolio" given me by the Congress as Director of Organization and I sail away with it on the Mauretania September 23rd, for three

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months of refreshment spiced with a little work.

My sisters go with me, but *not* William. (Tears.) *But William has signed a written agreement to go with me next August, Glory Hallelujah,* on consideration that I "excuse" him this time—and he does what he agrees to. Never before has he definitely *agreed* to go abroad. I have proposed and planned for seven years, he has *dis*-posed! At last he agrees.

I shall be back for Christmas and Executive Board meetings in January. And I am planning a swing around the American Circle, (Canada, too) in May and June to speak at as many District Association Annual Conventions as will invite me and make ready for an I. N. T. A. Big Time. Write me about it now and I will send you a letter of New Plans for District Association Work, before I sail.

Which reminds me that one of the great things of the Congress was the God-Consciousness Healing Service held at four o'clock July 13th, (see July Bulletin, page 15). Out of that is coming a great, co-operative healing service, I believe, *for every District Association. It will take months of preparation in Spirit, in the Silence, before the HEALING ACTION can appear.*

Begin NOW: organize or join a DISTRICT I. N. T. A. CONSECRATION GROUP to meet at REGULAR periods, once or twice a month, for one hour of silent consecration to Christ for guidance and power to All of Us in your District, that His Kingdom be REALIZED at hand in a GREAT HEALING OF SOULS AND BODIES during your District Association Convention next May or June.

Start your Consecration Group NOW. Let several be started, as the Spirit moves. Later you can come "TOGETHER, of ONE accord, in ONE place"—where Pentecost APPEARS. Whether your District Association is yet organized or not, let your I. N. T. A. Consecration Group work begin NOW. "Altogether of one accord, IN ONE PLACE" is where Christ APPEARS "in the midst".

To this kind of consecration work, carried on for a whole year before both of the last two Congresses, was due the great success of those Congresses. *Out of this Consecration*

work the outer activities took form: it is SPIRIT which gives DIVINE INTELLIGENCE to co-ordinate and direct the outer actions of a group, and the SPIRIT works through the group *when they are* "all together, of one accord IN ONE PLACE".

Let the One Spirit move you into I. N. T. A. CONSECRATION GROUPS for realization of His Kingdom at hand with All of Us in it; and all else will follow.

"*Go Ye and PROVE heaven in I. N. T. A. Consecration Groups—groups met together in Christ's name for His Service to All of Us.*

Send ten cents to I. N. T. A. Headquarters, 311-12 Ouray Bldg., Washington, D. C. for a copy of the July Program Bulletin—as long as they last. Or send two dollars (\$2.00) for annual dues, and they will send you the July Bulletin extra, with the coming year's numbers beginning with the very important September New Plans number.



To One Who Fears Another Is Trying to "Influence" Her by Telepathy.

MY DEAR Jennie, that man has no more power over you than a kitten! The only real power is *God within you*. God within you is loving kindness, and you are to radiate that loving kindness upon the unjust as well as upon the just—you are to send your GOOD WILL to each and every person that you think about, whenever you happen to think about him. This will make you radiant, so that no matter how many evil thoughts anybody else may send in your direction, those evil thoughts will be BURNED UP WITH GOD'S LOVE, before the evil thoughts can reach YOU.

All you have to do is to *radiate* love and good will, and your thought atmosphere will be so charged with this loving kindness, which is God's power in and through you, that it will "burn up all the fiery darts of the wicked". If your own mind is busy with doing things in the GOOD WILLING spirit of God, then your atmosphere will be quiet and in perfect love, and "no harm shall come nigh you", through any evil thoughts that others may think in your direction.

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Evil thoughts are always negative to good thoughts. Remember that.

And whenever there is anybody in the world who tries to do evil, you can remember that it is not because his nature demands that he do evil, but because he is ignorant and thinks that the doing of that evil will bring him pleasure. The TRUTH about him is that he does not *want* to do evil, that he is one with God the Father, just as you are, and that he is seeking happiness and joy in life just as you are, and that in due time he will learn that *he cannot find happiness by mistreating anybody else in the world*. In the meantime, even if he does try to mistreat anybody by telepathy, the other person can rest perfectly at peace, because GOD IS HER PROTECTION FROM ALL HARM.

But my dear Jennie, *that man has already given up trying to get you*. Your trouble comes because you *think* that he is still trying to influence you. As you think in your heart, so you feel. You see, you have set a kind of *habit* of thinking that he is thinking about you and trying to influence you. And I want to tell you that in 99 out of 100 times when you think he is thinking about you and trying to influence you, he is not thinking about you at all, but about another woman, or many other women!

So you see 99% of all your trouble has been in your own mind.

Therefore the healing must be done in your own mind: by recognizing, realizing, and persisting in thinking the TRUTH about this man and about yourself. You are to make light of the whole thing, and realize that it has all passed by, that the man is a perfectly good, ordinary human being, that God works in him to will and to do of His good will; and that God is working in and through you to will and to do of His good pleasure, which is *your highest good*. And He is working in that man for that man's highest good.

Now when you can't help thinking about that man, you are to affirm this truth about him, and about yourself. Then you are to forget all about him, and go on about your business! Put all your loving kindness and Good Will into the job you are doing. Don't try to think about the man, and don't try to forget him. You *will* forget him entirely in

due time. In the meantime, whenever he happens to come into your thoughts, just remember that it is because you have the opportunity of *affirming the truth* for him and for yourself.

You are already absolutely free, a healthy, happy, normal young woman, who loves everybody, men and women too, who enjoys life with whoever comes. You are absolutely free, and master of yourself, of your thoughts and imagination, and of your actions.

NO THOUGHT OF EVIL HAS ANY POWER OVER YOU WHATEVER. From this moment you are free.

Now don't let any of your thoughts fool you again, into thinking that anybody has power over you! If you have any such feeling come over you, just get this letter and read it over a time or two very slowly, positively, affirm it to yourself, take a good hearty laugh at yourself all in your mind, and then go on about your work, and about your visiting, and about every good thing that you are interested in.

WE must keep on practicing the thought that we are all members one of another, each individual just as near to the source of all good, all wisdom, all right intention, all glory and enjoyment of good; all EQUALS in divinity and in humanity. Infinitely different in humanity.

DWELL with the thought that you are in your exact right place NOW; you are making good; you will find your present place opening to greater, finer opportunities for service to the world, than you can as yet guess.

IN paving the way to success one must polish and lay the stones of Duty first; for the same reason that one must master the five finger exercises first before he plays the difficult music.



Affirms the
**UNITED NATIONS
of the WORLD**



How the Divine Law of Supply Brought Me \$1530 in Less Than Three Hours to Meet a Great Emergency

By A Practical, Every-day Demonstrator

IN ALL MY affairs, no matter what, from sickness to legal and financial problems, I apply New Thought, the principles of which I learned through reading *Nautilus*. Of course, everybody knows that it is God from whom all blessings flow; but then we have to have some means of connecting up with the supply house. New Thought is the highway through which you may reach GOD'S GENERAL WAREHOUSE.

I speak from out of an experience of practical demonstration extending over a period of twenty-five years. I live every day of my life, in the New Thought way, without any lapses of trust in its power to bring to me the things and conditions I need. They come, and come at once, no matter where I am, or what the conditions or environment may be.

It always works; but I think I never experienced such rapid action before, in such generous contribution to my needs, as in the case I am about to relate.

I am writing this wonderful demonstration in minute detail, hoping that it may inspire the "doubting Thomases" to get acquainted with New Thought and then to apply it constantly. And to know that GOD IS THE POWER, and the KEY that unlocks hidden success and prosperity is LOVE—the spiritual harmony that increases the speed of the action, without undergoing any change itself. It is the power that controls and governs everything, in this great mysterious Universe. The initial lesson to learn, dear readers, is TRUST. You must cultivate yourself to TRUST, without even one unconscious doubt.

To make a long story short I had, some three years ago, paid off the mortgage on a home for a couple of old folks, who were alone and poor, and in the transaction, I took over the place to save it for them. Later I was forced to borrow some money myself, and the old folks, grateful for my kindness to

them, gave me permission to borrow the amount of \$1530 on their property.

They were supposed to have given me a trust deed, but immediately after the transaction I had business in the East, so left the papers in care of a realtor who made the negotiation for me.

The mortgage was not legally due until sometime in the late fall. I always kept the interest paid right up to date, without ever being asked or notified.

There came a time when the interest would be due in a few days, and I was then saving money to pay it. During the morning of the day upon which the interest was due, some force from within myself kept impelling me to go to my husband's office—a thing unusual for me to do—but I took the "hunch", as the saying goes, and went.

When I saw my husband, I wondered what had caused such a change in his expression since I had last seen him in the morning. He seemed to have lost weight between the time he left in the morning and the present hour.

After finishing the work he was doing, he turned to me and said, "Ina, C—— has been in here, and wants his \$1530"! It just struck me like a bolt of lightning out of a cloudless sky. My husband was actually sick—and I —was shocked.

Our earthly resources were *nil*. Besides, we were checkmated. It was apparently the first stages of the beginning of a tornado, that was about to sweep down and devastate us.

It seemed that I had been given a deed to the property. Instead of a trust deed the old folks had in reality signed away their property to me unknowingly, making it my own. Thus it was made to *appear* (by certain persons interested in creating such an impression) that I had obtained the property under fraudulent pretenses, and had used undue influence, which under the laws of this state would be a felony.

But God and Love once more won the battle, for the Cross of Jesus always goes before me. He just seemed to walk beside me all the way.

On this particular day, when I called to see my husband, we were just given a twenty-four hour notice to pay in cash \$1530. This was a notice of foreclosure. Of course the mortgage was not due, but if I did not pay I would have had a law suit to fight. So I just affirmed, "God and NEW THOUGHT will show me the way out". And they did, and that speedily!

My husband did not sleep a wink, all night, but I was in tune with the Infinite, and I got eight hours' winks. My husband looked haggard and sick when he came out of his room in the morning. After breakfast, he looked at me so pitifully and said, "Ina, what shall we do about the mortgage? We can't let those old folks lose their home, it's really theirs, you know!"

I said, "Of course it's theirs, and it's going to be theirs. Don't worry, Harry, go to work and keep happy and God will take care of the mortgage".

As soon as he left the house, to my "Secret place of the most High" I went and shut the door, full of trust.

There was only twelve hours between me and final ruin. I had no security, no money, no friends, not even time, to material appearances. But I had God and I trusted. Then I affirmed: "Though he slay me, yet will I trust Him", and I did, for there was nothing else left to do.

In my "secret chamber" I sat down in a comfortable rocker and relaxed both mentally and physically. I kept my mind blank for ten minutes. Then I concentrated on the thought, "*God is love*". For fifteen minutes I made a strong realization of what it really meant. Then I repeated several times very slowly, "I Am that I Am" and such a power came into my soul. I knew its magic power. Then I prayed (psychologically, suggestion is prayer) for ten minutes.

Oh! the ecstasy of those ten minutes. I actually felt His presence; I felt the waves of that Divine, unchanging love passing over me, and when finishing that prayer I said, "Dear God, I thank Thee because Thy Divine Love gives me all power, over every material condition, and every physical action, for I am one with Thy Infinite Strength and Power, so I have nothing to fear. I thank Thee, too,

because Thou has already heard and answered my prayer, and that the \$1530 mortgage is already paid NOW".

I emphasized the NOW. Then I concluded with the words (and realization of their TRUTH) of the 23rd Psalm, followed with the Lord's Prayer. I then got up, and went back to the kitchen and washed my dishes, without any more anxiety or thought of how the mortgage was to be paid. However, I kept affirming as I washed, "I thank Thee Lord, because that mortgage is NOW PAID". And it was, for God had paid it before ever I left the library. He had paid the \$1530 in real money—CASH—U. S. currency! Real money that I could not see, touch, or handle. What do you think of it?

This was at eleven A. M. and while I was placing my dishes in the buffet, something kept urging me to call a poor lady who lived near me to come in and eat lunch with me, and I kept thinking what a ridiculous thought that was; it just seemed too funny and strange for anything to have that old lady whom I scarcely knew to come in and eat with me, when I never eat any dinner myself!

Well, the thought just kept on coming, however much I tried to keep it out, or put some other in its place. So I went to work and prepared a nice lunch and called her in, and she seemed pleased to come. When we were almost through, I found I had forgotten to put on the fruit nappies, went to the dining room to get them, and saw a shadow on the front porch, but heard no bell ring. I went to the door, and a boy handed me a note. I asked him where he got it, and he said a man gave it to him, but he didn't know who the man was.

I then returned to the table, opened the letter and found it was from my lawyer, notifying me what was going to happen if I did not pay the mortgage. Fifteen hundred and thirty dollars, and not a cent in the world to pay it with.

The old lady said, "What is wrong?—bad news"!

I said, "I guess it is," and I tossed the letter over to her.

She read it, and said, "Too bad for them to do a thing like that, when it's so hard to get money in small amounts."

I replied, "I won't worry, I have asked God to pay the mortgage". She looked at me as much as to say, "A funny way to get a mortgage paid," and remarked "you'll find

some one to help you out". After we ate our lunch, she asked me if I would go with her up to her lawyer's office, said she wanted to get a lease that was up there, that she had got quick notice to come, just like I had. I told her I would go part way, as I had to see the man about this mortgage; so, while she was waiting to get her lease I went to see the mortgagee.

When I returned, she had walked a block beyond the lawyer's office to wait for me, and as I went up to speak to her, *she handed me a check for \$1530 that had been paid her unexpectedly. She had not known she was going to get it. I felt like getting down on my knees right there in the middle of the street. Doesn't God work in a mysterious way His wonders to perform! She didn't even ask for a receipt.*

It was just two and a half hours from the time I prayed in the library, until the mortgage was paid in full, and a law suit and wreck and ruin prevented. I never once doubted. I knew God would not withhold any good thing from his child. While I affirmed, I visualized the note being paid, and actually saw myself taking the cancelled papers out of the mortgagee's hand. Shortly, it was an objective reality.

It is needless to say that success in anything means a constant, everyday persistence with determined stick-at-tiveness. In applying New Thought to meet our every day needs, we must apply it with subconscious TRUST to every problem. We must never suggest to ourselves when some extraordinary problem arises, "Oh, yes, but this is different!" They are all alike to God, there is no difference to God.

Don't think, "this is a legal matter and will have to be legally cared for by a lawyer".

Not so. God governs even the lawyer and His Court of Equity is always in session, where He meets and adjusts every case. God's supply house is always full and He is ready to give you not only what you need but what you want. God's laws never change or fail; when they seem to do so, it is us and not the law that fails to work.

New Thought teaches us the law; God hears our plea and gives the decision in our favor when we keep the law. Most people, and certainly most professing Christians fly to some *outside* source for help when they have trouble; but New Thought teaches us that all power is *within* ourselves and not outside; and that all our supply comes from God.

Instead, dear readers, of going to your material banker, or your wishy-washy pretended friends, when in need try in simple TRUSTING faith, the New Thought way. You won't be asked to part with all you have. No security will be first requested, and you will have no red tape strings to tie. There's only One Power in the Universe, and that is the Omnipotent God! The New Thought way conserves your physical and mental energy; it generates power; it creates money; real American money. It builds houses and buys automobiles and diamonds—if that is the sort of success and prosperity you are looking for. It makes and keeps you constantly happy and young, and it helps you to attract all the good things in life to you.

There is no abnormal imagination about it. You won't think so if you cultivate the New Thought way of living—and LIVE IT.

But better than everything else is the close communion with God, the "dwelling in the secret place of the Most High" and the sweet peace, under all conditions and circumstances, "that passeth all understanding". Try it!

Echo

By Doris Rosalind Wilder

L EAD ME to know that Thou art Love.
And Love is Everywhere—
Within, without, below, above:
That ocean, earth, and air
Are vibrant with Thy Living Soul
That echoes deep in Me,
And calls me on from goal to goal
Till I am Love in Thee.

God's Love Manifested in the Healing of What Doctors Called Cancer of Stomach

By W. Y. M.

IT WAS on the 8th of August, 1923, that this case came to me. I had lived in this settlement almost a year and had often heard of the lady and the awful condition she was in—with cancer of stomach, and had sent her New Thought literature. But she did not become interested at that time. Later she was sent to a hospital, operated upon and given up to die. The doctors at the hospital said it was absolutely a hopeless case and sent her home to die. She had been bedfast for two years and had fallen away to 80 pounds, and on the eighth of August her case was turned over to me in this condition.

I used this Truth statement for her: *You are a child of the living God. You are filled with His life, strength and energy.*" I then directed my thoughts to the place in her side where I knew the awful growth to be, affirm-

ing: "Nothing that God has not planted can take root or grow in your body. Divine Love in you is a consuming fire, literally devouring all unnatural and unreal growth—God's love flows freely through your body, dissolving all soreness and pain and filling you with strength, life and energy."

All the time I visioned God's love—as a pure white light, flowing freely through and through her body. I visioned every cell as pure, clean and whole.

In one week this lady was able to creep around the room by holding to chairs for support. In six weeks she had gained in weight until she weighed 125 pounds. In fact God's love healed her so completely that today she is at home, happily caring for her baby and her home duties and happily trusting God for her every healing.

Life Light

By Ernest C. Wilson

A YOUNG WOMAN applies for a position; she says she wants to be my secretary. She has had no experience, she cannot write shorthand, she looks upon work as a disgrace.

She really wants me to work for her, and pay her for the privilege.

She thinks New Thought is a fraud; "it doesn't work for her". But she doesn't work for it. She is the fraud.

Prosperity is ready for you when you are ready for it; when you have something to offer in exchange. Prosperity is giving as well as receiving; and the giving comes first.

Confessions of Brown Landone

My Greatest Discovery as to Treatment. Changing from the Preposition to the Adverb

ARTICLE III

IN DEALING with others, we all aim to be exceptionally honest; but today nothing is needed so much as learning to be spiritually honest with ourselves.

I wish to be spiritually honest regarding these articles. Mr. Towne thinks that I do not give enough credit to the steps of Truth through which I have passed and by which I have been helped to reach my present consciousness of being. I quite agree with him!

I do *not* elaborate, nor attempt to present fully, the steps of Truths by which I have grown,—for *you* know such steps of Truth. If I write of little except that which you *already* know, what help am I giving you?

And if you have applied what you know, and still have not attained all that which your heart desires,—why, then there must be other steps of Truth needed!

It is this additional Truth—the unknown God to you—the good that is still to be revealed—which I am to teach. I do not wish you to give up what you have learned in the past, but to *add* to that which you already have.

And now as to the subject of treatments. I wish to be honest in confessing what I have learned. For years I gave treatments to help others: I treated *for* health—I treated *for* happiness — I treated *for* prosperity — *for* abundance—*for* kindness—*for* love, *for* peace, et cetera, et cetera. I had successes, certainly; and I had failures also!

I confess to the failures because I am glad to confess! I hope others will confess. In fact, the happiest day of my life will be when I see other writers confessing their failures in the use of Truth, for that will mean that we are growing in our *method* of using Truth. Each failure is a true step of the stair of success!

The Truth is always right; when there are failures something is wrong with our method of using Truth. If we confess our failures; bless them; and change our methods,—then we grow in the *use* of Truth!

So many illustrations of successful treatments of individuals have been given by so many writers, that—for a change—I am going to tell you of a cat and a dog: of a failure I had in treating the cat *for* gentleness, *for* kindness, *for* normality; and of a success I have had in treating a certain dog of whom you have heard before,—my dog Patsy.

First, the story of the cat and then the tale of the dog.

Once I purchased a home which was occupied, at the time I purchased it, by a prominent vegetarian teacher, a friend of our wonderful Ella Wheeler Wilcox who had been visiting them just before they moved out and I moved in.

They left behind a *vegetarian cat*! It had never been allowed to eat meat; it had never been allowed milk after it had been taken from its mother; it had been allowed only a vegetarian diet based on the hope that such diet would make the cat so gentle that it would have no desire to kill—no desire for mice!

It was a big cat; it was an ill-tempered cat; it clawed and scratched whenever you tried to pat it; and never have I seen a cat so vicious! It seemed always to be longing for something to satisfy its own nature; it was always ravenously hungry; and whenever the vegetable man came with vegetables for sale, the cat became almost insane—jumping up on the wagon, biting viciously into this vegetable and that, and fiercely clawing the vegetable man if he tried to stop it.

Then, also, I was often awakened by terrible screeches, and—on such occasions—I found this big vegetarian cat, holding down one or another of a litter of kittens belonging to the people next door,—and in each case, mauling, scratching, biting and clawing the poor little kitten.

True to my belief in Truth; I pitied that big cat for being what it was. I treated it *for* kindness; I treated *for* gentleness; I treated *for* love; I treated *for* normalcy. I had faith;

I treated week after week firmly believing that that cat would become like the ideal I held in my mind.

But ultimately, when the cat viciously attacked a big dog and was so injured that she died, I was forced to recognize the failure of my treatments.

And now for the tale of my Irish terrier, Patsy. He was two years old when he was first brought to me. By nature, Irish terriers are *not* affectionate as are dogs of many other breeds. Patsy was not an exception to his race; he was not naturally affectionate. He did not even mind leaving his former owner although he had been with him all of the two years of his life. He was just as contented the first night he arrived as any dog could be. So long as he was left *alone*, he was happy,—but not affectionate.

The first night when I tried to show him where I wished him to sleep,—he snapped at me and bit my hand. He didn't like anyone to pet him. He couldn't understand affection and didn't want it. If I or anyone else tried to pat him, he would growl and snap. He would growl whenever he saw a stick in my hand, even if it were only a ruler; and then he would cringe, afraid that I was about to beat him. And whenever we gave him a bath, he was ugly, and would snap at us. At night, he would not come near me: he would not sleep in the place I had prepared for him on an old lounge. Instead he slept as far away as possible, in a corner near the tubs of the laundry.

Nearly two years have now passed. No "treatment" has ever been given him. In fact, I have been so busy helping people that I have never even thought of giving that dog any kind of a "treatment".

But I have *loved* him. Recognizing that it was not his nature to be affectionate, I did not try to pet him and pat him. Unconsciously, I gave him his soul freedom to be the kind of dog he was bred to be. Though I have loved him because he was a dog of fine breed, I never thought of consciously affirming that he would become more affectionate, never even thought of giving him a treatment *for* affection, or *for* love!

But, instead, I naturally treated him *lovingly!*

And what are the results?

Patsy is now one of the most affectionate dogs I have ever known. He will stop to wag his tail in greeting even when eating his food,

—although it is against the very nature of any dog to be agreeable when eating because of the inherited instincts of ancestors. Every dog in the past has had to fight for his food, and to fight off other dogs when eating in order to keep the food for himself. So it is natural, even for an affectionate dog, to growl if you go near him when he is eating. But Patsy, bred of a non-affectionate race, wags a glad greeting because he's sure of the love about him.

More than this, when I now call him to the shower bath, he jumps into it, himself! While having his shower, he wags his tail, makes no objection and does no growling. If I happen to have a yardstick in my hand and wave it as though I were to strike him, he wags his tail, jumps in gratitude for my attention and in playfulness grabs the end of the yardstick with his teeth!

Although a year and a half ago, he would not let anyone get near him; and would growl and snap and bite, if one tried to pick him up in one's arms, yet now night after night (unless I have patted him and said good night to him before I go to bed) I find him whining at the side of my bed, and as soon as I invite him to jump up, he snuggles down for a moment, puts his nose up into my arm pit, rubs his nose about a bit just to show me his affection, and then goes back to his own little blanket to sleep!

It is one thing to "treat" others *for* love!

It is another thing to treat others *lovingly!*

And this is the confession:

When I have treated (*prepositionally*)—that is *for* something, I have had some success and *all* my failures. But I have *never* had a failure when living the treatment (*adverbially*) toward things or conditions or circumstances or people!

We have treated *for* abundance, when we should treat life *abundantly*. We have treated *for* harmony when we should have lived *harmoniously*; we have treated *for* peace, when we should have treated *peacefully*; we have treated others *for* love when we should have treated others *lovingly!*

Treating *for* happiness is one mode of using Truth.—the prepositional way; treating life *happily* is another way—the adverbial way—the adverbial mode of using Truth. The last is thought in action and brings results!

The *preposition* is a word symbol standing for a mental effort to *connect* or relate two

things or conditions; it always unconsciously suggests separation, otherwise there would be no need of trying to make a connection.

The *adverb* is a word symbol, suggesting a mode of action.

Whenever you want results let your soul live in accord with what you want; if you want love, live lovingly; if you want health, live healthily; if you want peace, live peacefully; if you want abundance, live abundantly!

The Children and Music in the New Thought Sunday School

By William A. McKeever, A. M., LL. D.

WHATEVER may be the nature of your Sunday program for the children's department, it is possible to make use of the element of drama and so to make the hour spent there the most interesting of the entire week. Dramatize everything, the singing, the stage performance and the stories related to the class members. Make the children to feel that they are a part of a beautiful process of unfoldment of God's plan of human life and existence. Make them to realize that for them to behave normally is but to dramatize the great truth of The Eternal as hid potentially in their beings and as meant for the pattern of their earthly careers.

Begin With The Singing.

The musical mechanism of children is as delicate as the radio. Unless you tune them in properly you will not get the clear and beautiful response of which they are capable. Have your ablest leaders work on this matter and try to bring musical harmony into the programs. There is a different rhythm suited to the music for the different ages. Just as we step more slowly, we older ones like the slow, long meter tunes. But these tend to put the children to sleep, or at least to disperse their attention. They must have the quick-step, vibrant musical quality.

Try a marching tune. Have the little ones come in single-file, in a kind of processional of singing, each stepping to a short-rhythm, lively tune which all may sing as they march in and take their places for the lesson. At times they may clap their hands on the accented beat of the song. Again, they may act the meaning of the piece in a sort of pan-

tomime. Or, they may bear symbols of the meanings of the words being sung. Suppose, for example, that the lesson is a presentation of the idea of God's protecting care. Some one will first read the part of The Sermon On The Mount referring to the lilies of the field and the birds of the air. Then, the children will march in singing—

He Loves Me, Too

God sees the little sparrow fall,
It meets his tender view;
If God so loves the little birds,
I know He loves me, too.

He paints the lily of the field,
Perfumes each lily bell;
If He so loves the little flowers
I know He loves me well.

God made the little birds and flowers
And all things large and small;
He'll not forget His little ones,
I know He loves them all.

Chorus

He loves me, too, He loves me, too
I know He loves me, too;
Because He loves the little things,
I know He loves me, too.

These verses were written by the late Maria Straub, and the music by her lamented brother, Professor S. W. Straub. In using the piece dramatically, have the little ones march in singing the words and keeping step to the lively tune, immediately following the reading of the Scripture passage suggested above. Have one child step in ahead of the others and re-

cite the first verse. After this is sung, have another child recite the second verse, and still another the third. Have the performers present either pictures or the living objects as illustrative matter for the musical drama. Have some one, perhaps one of the little ones, conclude with a short recitation explaining just how God seems to care for children even more than he cares for the birds and flowers.

Encourage The Applause.

Do not hesitate to encourage the idea of applauding each performance in the Sunday school. It is quite the custom to applaud in the day school and the other places of public entertainment. The church that forbids hand clapping on the part of the young thereby throws a chill into the sensitive beings of the boys and girls present. There is a suggestion that God might be easily offended, or, perhaps driven entirely out of reach by the noise. Forget this traditional method of subduing the young. There can be just as much genuine expression of reverence and worship put into the hand clapping of the children as is shown forth by the old-fashioned "Amen" uttered by the pious worshiper. Make the atmosphere vibrant with the refined, reverent applause of the children, whenever it comes to them spontaneously so to express themselves.

All but the few children who prove to be "tone blind" can at least sing a tune, and these should be encouraged to join in every chorus part. Lively, well-directed singing is a strong factor in bringing in the masses and in imbuing the mind of the young with the spirit of worship. If a child once learns well the tune and the words of the foregoing song about the birds and the lilies, you may be assured that its sentiments will sing back to him out of his memory as long as he lives.

Bring on your duets, trios and special-group singing on the part of the boys and girls. No matter how poorly one's particular presentation may be from the stand point of the perfected musical art, you will see a finer artistic effect to be wrought out of the performance, namely, the expression of the awakening soul of the child. Therefore, every earnest effort will be seen as beautiful and praiseworthy. The children themselves will quickly catch your attitude of reverence and praise and will be generous with their applause of every number. This kindness, this love that expresses itself and knows no ending, will tend to sweeten and exalt the spirit

of the little ones so engaged. There is no better manner of worship for the children, than this very musical performance.

Now, bring forward the older boys and girls. Make it a habit. Make it a matter to be expected. Continue till the taking part in the presentation of a special music number will be as freely and easily attended to as the mere reading of a verse out of the Bible. Wherever you can do so with effect, arrange for team work at the musical performance. Frequently have some child stand and sing a verse alone, with all joining in the chorus. At times, have a class sing before the entire school. At other times, have some member read or recite the interpretation of the musical piece. At other times have the song acted in a pantomime drama while being sung by a chorus. Much that is beautiful and charming may thus be brought out by the children themselves. And all of it will tend to build up a permanent attendance.

Encourage The Genius.

God has hidden at least one beautiful talent in every normal child. Keep that inspiring idea in mind as you proceed with the religious training, and watch for the budding of the embryo genius. Some will express themselves through the ministry of music, some in stage drama, some in the fine service of their hands where needed to do a noble work about the Sunday school room or the building. Some will go on interesting errands. Not one must be overlooked in your quest for hidden beauty. Not one must be slighted in your bestowal of words of love and approval.

But to go back to the matter of singing. Watch for the awakening voices. You may be the discoverer of a great singer in the making. And, remember that any child which can sing a tune while thrilled by the natural joy you are putting into the service—any such child is singer enough to join a young choir of inspired singers. Not only will you encourage the young women to sing individual parts but the bashful youths as well. You will also train them to discuss voices and qualities among themselves, and to assist one another in being placed to advantage in the balancing of voices in a chorus.

If you do not happen to have at least one good piano player among the young members of your Sunday school, go out into the open territory and look for one. You may find a young musician of unusual promise, and one

who needs your love and appreciation as much as you need the service of his genius. It matters not at all if your called genius knows neither church nor creed when first he comes to you. Bring him along, give him his interesting part and trust to a sure law of grace to make him a true member of your body.

The music will prove to be one of the very best agencies for bringing new members as well as new talent into your place of worship. Work it for all it is worth. Announce to all members that they are to be constantly on the lookout for musical ability and to report every such prospect to the leaders. You will, of course, always exercise prudence and Christian ethics in the calling to your service any young person from another service where his part is equally important. However, you will hear of not a few young musical geniuses who are detached from all church affiliations and who need the reverent touch of your own.

Go to the young musician with a humble plea for help, and you will get his services. "Come over just once and sing for us, play for us," you plead. "It will cheer us all so

much to have you. Do not hesitate to come as you are and with the preparation for which you have time, as we are all an appreciative lot", you continue. The young person thus enticed into your church group—if he be treated rightly from that time on—is almost certain to stick. He will love you because you first loved him. His heart will be made glad because of his ability to do something worth while for others.

Something worth while—think of it, Dear Child-Welfare Worker. Every child has a divine right to feel that he is appreciated. Every child who comes to you has a divine right to a word of love and appreciation. The very soul of him is hungry for your word of approval. His whole being longs for the joy of service of his fellows, for that is one of the natural methods of service of his Maker.

Make a survey. Let none escape. Bring in all the outside children and youths you can possibly entice, with music, with drama, with any kind of performance of which they are capable. Out of the depths of their several natures God is calling you to call them into the ministry of service and worship.

A Prayer by the Sea

By Louis J. A. Mercier

WINDS of the surging seas,
Sweep through my soul,
Cleanse all sufficiencies,
Care-creases unroll.

That I may stand selfless
By the brink of the deep,
And in faith anxiousless
Serene silence may keep.

For the surge of God's power,
Like the surge of the sea,
In unfathomed dower,
Will then flow in through me

What Spiritual Treatment Can Do in the Cure of Epilepsy

By Thomas Parker Boyd

WHEN ONE reads the inner history of the sons of genius he is struck with the fact that not a few of them were epileptics. Tradition has it that Caesar, St. Paul, Napoleon, Tamerlane, and other illustrious men of the past were subject to this baffling affliction. The earliest traditions of mankind indicate its presence among men.

Medical science is still wrestling with the question of its cause and cure. Mental science is also perplexed and often checkmated in its effort to isolate it in the category of mental causation, as well as the effort to cure it by that means alone.

Spiritual science presents Jesus "casting out devils" as the one sure means of cure.

Perhaps we should have better success in dealing with it if we recognized that it has a physical basis and a psychic shadow.

One of the commonest causes is found in disturbance in the digestive tract. In a church clinic carried on for several years in San Francisco, I had as many as a dozen epileptics in an afternoon. Most of them were children from 5 to 15 years of age. At least 75% of them were due to eating unripe berries or nuts, or to swallowing unchewed, bulky particles of food. I need not explain the physiological effect, further than to say, that it was easier for the thing to happen the second time, and after a few recurrences of the attack, both a physical condition and a psychic habit were established. The first was relieved by a careful attention to diet and the second by a process of mental reeducation.

Other cases indicated an accident resulting in pressure on the brain or some major section of the nervous system. In such cases an operation or an adjustment was indicated as the first step of cure, followed by strong and positive mental suggestion. In other cases there was indicated a form of nervous exhaustion centering in the brain, and giving rise to a "brain storm" which expressed itself in the form of a physical seizure. This kind called for restful surroundings, system-

atic exercise to equalize the circulation, easily digested food, and a constructive training in the right use of the mind, as well as spiritual repose through an understanding of the Truth of Being.

There was one other form frequent, which is called "Pseudo-Epilepsy" owing to the fact that it is purely imitative, caused by seeing a seizure or in some other way having the mental picture of epilepsy thrust upon a highly sensitive nervous system, and a vivid, and possibly morbid imagination. These are indicated in the fact that the patient never has one except when there is somebody around. He has to have a gallery to play to. Also when he falls, he picks out a soft spot to light, and other distinctions from the characteristic features of the real thing.

This is the almost ideal dual disease, having a specific physical side and just as definite a psychic habit. A physician may easily remove the physical cause of epilepsy by purely material means, but because he does not recognize and destroy the psychic or mental habit, the patient will go on having the trouble.

Likewise the mental practitioner may powerfully impress the mind with Truth, and by suggestion break up the psychic habit, and because he does not give attention to relieving the physical conditions which led up to the trouble, the attacks recur, and the patient despairs of relief.

Aside from the class of cases arising from cranial or vertebral pressure, I have found that careful attention to diet, so as to keep the contents of the alimentary tract in a soluble state, fasting wisely, abundance of water, plenty of vegetables, fruits, vegetable oils, etc., will permanently relieve the physical conditions. This must be attended by a process of mental reeducation in which the patient is shown how the mind can and does control the body. Matter cannot grow a lump or have a pain, or act in any way except as mind acts upon it. There can be no spasmodic seizure except as

mind consents, and this mental action being purely subconscious, and the subconscious being directly under the control of the conscious mind, the consciousness must be raised to the level of supreme mastery over all the acts of the body.

One great factor in treating epilepsy is the obsessing fear of a recurrence of the trouble. And what the patient greatly fears usually happens. Therefore fear must be rooted out of consciousness by filling the whole emotional life with Love. This can be done only through the high metaphysical realization that God is Love. Love as the supreme motive force must be clearly seen and perfectly realized, and in that state of consciousness there is no place for fear.

I have thus presented a summary of my experience of more than thirty years of dealing with this disease. I present a few cases of cure which indicate the methods I have found successful in dealing with this baffling disorder.

Some 25 years ago, a girl of 17, was brought to me by her mother, asking treatment. It was a case of Grand Mal, so pronounced by many doctors, and it bore all the outriders of the disease. That is the real thing in epilepsy. It was of many years' standing, and had left the characteristic marks of its inroads upon the patient. I first gave her instruction as to her diet. She was to fast one day, drinking only water. Then she was to eat the next day very moderately of fruits and vegetables. Then she was to fast two days followed by two days of a fruit and vegetable diet. This was followed by a three days' fast, after which she was to stick to a vegetarian diet, including ripe olives and olive oil, and similar foods, eliminating all meats and starchy foods, such as potatoes and white breads.

Having committed her and her mother to follow this dietary regime rigidly, I explained to her the power of mind to control all the functions and actions of the body, giving her specific forms of affirmation to guide her mind aright. I further pointed out the power of spiritual understanding as a means of securing the active operation of the powers of God in her behalf, calling particular attention to the works of Jesus on curing epilepsy, emphasizing the fact that this kind goeth out only by fasting and prayer.

Then I had her kneel down and placed my hands on her head and commanded the "devil"

to "go out into the deep in the name of the Lord". Then after she arose I followed the example of Peter and John in the third chapter of the Acts, taking her hands and having her look steadily in my eye while I told her that from that hour she was free. I sent her away with instructions to report at the end of thirty days, which she did without having any recurrence of the attacks. She never had another. Some five years later she married and has since become the mother of half a dozen healthy youngsters.

A member of my congregation came to me for this ailment, and after several treatments following the before stated methods, was free from the trouble for years. Then he reverted to his old method of eating every sort of thing and suffered a return of the attacks. This was again relieved by rigidly adhering to a rational diet together with the control of the mind.

Among the cases of pseudo or false epilepsy, I had one of a girl of fifteen who had been afflicted for years. She had travelled everywhere seeking help and was greatly grieved because she could not go to school and Sunday School. Her mother was with her like a shadow during the day and slept with her at night. The girl was horrified when I told her she was having a good time, and her mother was indignant. She became more so when I told her that she (the mother) needed treatment more than the girl. And I made small headway until I got the mother to submit to treatment to eliminate the fear out of her consciousness. Had to separate them for a time, and eventually the girl was relieved of the trouble. Sometimes this is a powerful element in both the real and false forms of the disease. Often one has to give as much attention to the relatives and friends of the patient as to the patient himself. In other words, the patient is often the victim of the fears of his friends. In this realm the place of mind stands supreme as a healing power. Both the patient and his friends must be taught how to think constructively and to keep their minds free from pictures of the disease. After many years of experience in treating this disease I have no doubt that a wise co-ordination of mental and spiritual powers with the above mentioned material means will give permanent relief to a vast majority of those suffering with epilepsy.

How to Get at the Meaning of Dreams by the Word Association Method

By Claude W. Chamberlain

He Flew Over the Housetops

DREAMS of climbing stairs and flying through the air are among the most common among many people. The former may have some special significance, as detailed in the previous chapter, or may indicate that the dreamer is ambitious. The latter may also indicate the ambition of the individual, who unconsciously is endeavoring to place himself in a superior or higher position. Special significance, however, was found in the case of this man.

He was and is a banker, whom we will call Mr. Calvin. And a more unhappy banker you never saw; all due to his difficulties at home. For Mr. Calvin suffered from chronic domestic friction, a disorder that the doctors generally ignore, unless they have been trained in psycho-analysis.

Close fisted, conservative and somewhat intolerant of other people and their weaknesses, Mr. Calvin was a rather ossified human specimen, physically and mentally.

So some of the ordinary methods of analysis failed to bring out the repressed ideas in his subconscious. Reluctant to admit his own deficiencies, he had stored away some thoughts which were producing results in nervous distress, irritability and self-pity.

Telling his dreams to me seemed a bit silly to our friend but he followed directions and we found that the dream which he experienced most frequently had to do with his flying through the air.

"I found myself suspended over the housetops, last night", Mr. Calvin said. "I can't recall that I had any wings but my body seemed rather ethereal and I seemed to be wafted about among the roofs with my night robe fluttering in the breeze. I did not seem able to raise myself very far above the roofs. More frequently I was circling the eves of the houses, catching my feet or gown in the eves-trough, in tree tops, or in the telephone wires. Try as I might, I was constantly getting en-

tangled in something or other and I awakened when my gown caught on the corner of a chimney."

To the Freudian analyst, the nature of the above dream points to something of sexual significance, but Mr. Calvin assured me that his private life held nothing important along this line and I had little reason to doubt his word.

However, there was the possibility that his conscious mind had managed to forget any indiscretions along this line. I knew that our friend was not of the libertine type but such hard-headed and unemotional men occasionally delude themselves about sex matters.

Mr. Calvin's mother, I learned, had been of the stately dowager type, a woman who was a leader in society, but who had been the son's ideal. His wife, on the other hand, was a woman burdened with excessive fat; who stayed at home and pampered herself, without contributing any more to Mr. Calvin's plans than she was forced to do by circumstances.

This gave me a lead, as I recognized the influence of the mother complex, wherein the husband unconsciously strives to see his mother idealized in the wife. However, the theory would not correct the condition without more complete evidence of its significance.

Mr. Calvin had a sense of loyalty to his wife which prevented him discussing his wife in the plain language I have used but he admitted that he found it necessary to constantly exercise self-control in dealing with Mrs. Calvin, who was quite reluctant to enter into the sort of social activities which her husband believed it was his duty to recognize if only as business obligations.

His business associates entertained regularly and followed a certain social program; Mr. Calvin felt that he and his wife must do likewise, but failed to get co-operation from his wife.

Here was plenty of cause for the mental

distress that Mr. Calvin suffered but his exaggerated sense of duty to his wife would not allow him to admit it as a reality that must be faced and dealt with.

It became necessary to analyze the dream life in such a way as to bring the matter forcibly to his attention and in a way that his stubborn attitude toward facts would be modified.

A list of one hundred words was used and the following, modified Jung list, might serve in many cases; you may make one of your own after the examples given here:

1. ink	21. voyage	41. dead
2. bread	22. brother	42. money
3. mountain	23. new	43. unjust
4. box	24. false	44. ship
5. pay	25. cold	45. blood
6. head	26. tree	46. rich
7. lamp	27. sin	47. yellow
8. cook	28. plum	48. pencil
9. green	29. paint	49. marry
10. part	30. abuse	50. fear
11. needle	31. sweet	51. glass
12. salt	32. wash	52. die
13. love	33. woman	53. dream
14. stem	34. long	54. white
15. both	35. pity	55. choose
16. anger	36. sleep	56. fall
17. chair	37. lie	57. prick
18. custom	38. family	58. dance
19. village	39. fly	59. pride
20. sick	40. narrow	60. water

The above is an American standardized list from Dr. Bonus's book on *Association Tests*, and can be modified to fit the type of person being analyzed and the situation. The complete list includes such words as "mother, father, child, friend, house, book, etc.", and I included such words as: "fat, society, obligations, bank, sweetheart, indiscretion," and other words which might be appropriate for the particular case.

Writing down the "Reaction Words" in a column at the side of my list of "Stimulus Words" and timing his responses my chart began as follows:

Stimulus Word	Reaction	Seconds of Time
1. ink	paper	two
2. bread	butter	two
3. mountain	rocky	two and a half
4. box	safety-deposit	two
5. pay	note	two
6. head	president	three
7. lamp	light	one

The average length of time necessary for him to give me an answer to each word, or

most of them, was slightly more than two seconds, so that when it took much longer to get his reaction the particular word which caused hesitation was significant.

For example: the word "fly" made him hesitate ten seconds and then he said "airplane". This was obviously a complex indicator. When started to talking freely on the idea of flying, his dream became the subject so that it got us nowhere.

Then came the word "pity" with a reaction time of seven seconds. The reaction word was "self" and he gave the following free associations:

"Hard work-bank-money-home-mother-high type of woman-leader and competent-wife"

Here his habits of loyalty stopped him and it took the word "indiscretion" with a reaction time of nine seconds to bring out the hidden complex of his subconscious. This loosened up the repression so that he could talk more freely in a half awake condition.

"Fine woman—like mother—more interesting than wife—complimented me on achievement—unmarried—came to bank for advice frequently—invited me out to her home on business matter—stayed late—telephoned home that I was out of town—nobody ever found out—feel better since I have told you—did not allow affair to continue—duty to wife—but not appreciated—mother says so—have sense of duty—musn't discuss my wife—but she drags me down—can't achieve best results—ought to have another woman—one like mother—then I could fly high in the financial world—just get so far now without help of wife—when I try to rise she pulls me back—feet get entangled—can't arise—"

Here was the conflict that we were seeking. Mr. Calvin believed that his wife was a handicap and unconsciously was trying to get away from her while consciously he was refusing to consider such a procedure. Nothing but a conflict could result. Not recognizing the complex consciously, he took no steps to dispose of this hidden force.

It now became a matter for synthesis instead of analysis. The details were gone over carefully, each significance was pointed out and then Mr. Calvin was shown how to go about it to dispose of his problems by facing them in the open.

Leading psychologists generally agree that when a woman fails to do her part to the best of her ability in the marital relationship that the fault lies with the husband.

Mr. Calvin learned that making money and flying high in the financial world must become a secondary matter until he had disposed of the domestic problem. This meant that he must establish certain habits of conduct toward his wife which would inspire her to work with him toward a common goal. His affections must be demonstrated, his cold and calculating behavior must make way for the lover of earlier days and his wife must have a chance to develop her interests through

encouragement instead of by the negative attitude he was inclined to take.

The results proved the correctness of the diagnosis and after Mr. Calvin had done his part to change the situation, he no longer suffered in his conscious or unconscious life from this conflict. Mrs. Calvin has become the dominant factor in the subconscious instead of the mother or any other woman and the two are supremely happy.

A Demonstration of God's Protection for Growing Fruit

By Mrs. E. P. Odlum

WE HAVE meetings at our home for the study of New Thought. I have been a subscriber to *Nautilus* for years, so sometimes we only take some lesson from its pages and study, and talk about some of the experiences of the contributors. We all, I am sure, derive a great benefit from these meetings.

One afternoon a lady from the country was here and I had been trying to impress on their minds that God's protecting power was omnipresent, and this lady I just referred to spoke up and said: "Well, we try to do right but life seems to have so many disappointments. We work hard in our orchard and just as we think we are going to have a good crop, along comes the frost and takes it, even after we have smudged to keep it away. And the oil is so expensive for smudging that it takes off all the profits."

I then told her of an article I had read once in *Nautilus* where a lady had used New Thought in protecting a crop of some kind. Just for the time being I had forgotten what it was. At first she seemed a little doubtful, but after going home and talking it over with her family they called me up and said they had decided to do as I had advised.

As soon as the fruit trees were in blossom the lady and I asked for protection and while

all their neighbors were burning oil and smudging to save their fruit, this family just went calmly about their work and trusted that everything would be all right. Their neighbors called them crazy and said, "You folks are missing it by not burning oil, your fruit will all be frozen."

But they have the best crop of fruit they ever have had. One day last week the fruit inspector visited their orchard, and told them he had been all over the country but in no place had he found such good prospects for a good crop as he found in their orchard. We know that with God all things are possible.

This same family has now gone on in the study of New Thought principle and has had other demonstrations. A daughter who had been of a very timid and retiring disposition has taken a business course and has gone into business for herself and is making good. She was also healed of a long standing affliction and has perfect health now. I could tell you more but some might think I was exaggerating. But when I tell you that this family three years ago had never heard of New Thought, or of its use in a practical way, you will not wonder why I have thought it worth telling.

TEACH hope to all—despair to none.—LINCOLN.



Views and Reviews by William E. Towne



VALUING ILLNESS MORE THAN HEALTH.

IT is, indeed, a fact that many of the "victims" of illness value their ailments more than they do health.

In other words, they *prefer* to retain their ailments because they thereby gain something that seems to them more desirable than health.

Perhaps, when fuller investigation is made and more complete records of actual cases treated by psycho-analysis are available, it will be found that *all* disease has its origin in a choice on the part of the individual of those conditions which produce disease.

Of course this choice of the conditions of illness is seldom a *conscious* choice. As a rule the individual does not know that he is putting a high value upon his ailments and a low value upon his health. He simply follows blindly the powerful promptings of some fundamental instinct which has been repressed. This repressed instinct, denied normal expression, seeks an outlet in some other direction. Unless it is given some constructive expression it is quite apt to find some childish, negative and more or less abnormal outlet.

Lack of concentration and failure in business efficiency is often due in great measure to repression of some strong desire, the result of an emotional experience that left a psychic scar. In many cases it is a series of such experiences that gradually builds up in the individual the habit of daydreaming. He (or more often she) prefers to live in a world of memories rather than to face the stern world of reality and take an effective part in its activities.

Where nervous breakdown develops there is usually some unpleasant situation in the environment or personal life of the individual which causes resistance, resentment, or the feeling that a great personal sacrifice is required in order to meet the conditions of life.

Under these conditions the individual tries to eat his cake and keep it, too. He may make the sacrifice, which he feels is forced

upon him, but he goes on resenting it, and resisting the hard conditions which made it necessary, and *dreaming of what might be if he were not compelled to make the self-denial.*

So his life force flows out in two directions. The psychic stream is split into separate streams. Part of his energy—quite possibly a very large part—is expended in thoughts of the past and in resenting the necessity for his adapting to a difficult situation that requires sacrifice. The rest of his energy is expended in his daily activities and in adjusting to the new situation which he resents.

Then the man begins to live only a half life so far as his everyday activities are concerned. He is irritable, absent minded, given to daydreaming and depression.

Some of the more common situations which create such a condition as I have described are as follows: 1. Where a young man or woman feels compelled to stay at home to take care of an aged or ailing parent and does not feel warranted in marrying. When this condition holds year after year, the strain upon the child becomes almost unbearable. 2. Where a husband finds that he is not making good financially and has a wife who has been accustomed to luxuries which he cannot give her. The result is apt to be an inferiority complex on his part that saps his courage and makes him inefficient. Under such conditions the man is constantly at war within himself. He wants to make good with his wife but he resents the condition which seems to have given him a task impossible of accomplishment. 3. Where a man or woman has met with a great disappointment in love, or lost by death one whom they deeply loved. In this situation the dreams of the past are apt to be given greater weight than the activities of the present.

Now in each of these situations the individual finds it easy to allow his *choice* to go with the negative and destructive tendencies. He does this blindly.

The young man forced to live at home and



VIEWS and REVIEWS by WILLIAM E. TOWNE



take care of an aged mother, prevented, as he thinks, from marrying his sweetheart, becomes so absorbed in his resentment of conditions in picturing what *might* be if only he didn't have to stay at home, etc., etc., that he neglects and under emphasizes present opportunities. He underestimates his own possibilities to adjust to the situation in a constructive way that might bring freedom. He actually puts his *choice* over on the side of his thoughts of resentment and phantasies of what *might* be. He places a greater valuation upon his dreams than he does upon the constructive thinking and acting, that might enable him to make a satisfactory adjustment to the conditions of his life, or even bring him the realization of his desire. He actually (though unconsciously in most cases) prefers to drift rather than to bring his mind to a focus upon the *present* and give the constructive thought and action necessary to solve his problem. If, as a result of his mental conflict, he becomes ill, it is literally true that he chose the course which lead directly to his illness and that he prefers illness rather than to pay the price of freedom.

By consciously putting the *choice* over on the side of constructive thought and action in the *present*, by *choosing* to live in the present and let go of the past with its pleasing dreams, the individual can go forward with a reunited life stream and multiply his effectiveness and the possibilities of happiness and contentment.

EYES THAT ARE HOLDEN.

WE see only what we really want to see in others.

We see only so much of truth as does not seriously interfere with our fixed ideas of life

and our comfortable adjustment to conditions of living.

For instance, we just naturally rise up and oppose anything new—anything that requires effort on our part to assimilate.

"Personal bias and emotional preference play a leading part in the product of experience," to put it in the language of psychology.

In "Psychology and the Day's Work" Prof. Swift, writing of the tyranny of habit, describes the opposition of the medical profession to the discovery that childbed fever was contagious. A professor in the University of Pennsylvania, addressing his students, said: "The result of the whole discussion will, I trust, serve to divest your minds of the overpowering dread that you can convey, in any possible manner, a horrible virus, so destructive in its effects and so mysterious in its operations, as that attributed to puerperal fever."

And a doctor in Jefferson Medical College, Philadelphia, writing at about the same time, advised his readers to "disregard the jejune dreamings of sophomore writers" who claimed to have demonstrated the fact of infection in childbed fever.

And these two men were considered "the two leading professors of obstetrics in this country" at the time they made these statements, opposing what is now an accepted and demonstrated scientific fact.

The truth of the matter might have been readily ascertained by these men, and they could have rendered great additional service to humanity and to their profession, if they had taken the trouble to investigate the new claims. But they were completely blinded by prejudice and the tyranny of accepted habits of thought.

IN THE silence when I hark,
Knowing every ill has flown,
Something draws me in the dark,—
Softly draws me to My Own.

—BARBARA PEARSON.



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by Rev. GEORGE C. GOLDEN

October 11. PAUL IN CORINTH or THE PROBLEM OF LIMITATION. Acts 18, 1-11.

Bible Readings: 1 Cor. 2, 3, 2 Cor. 3.

GOLDEN TEXT: *Be not afraid but speak and hold not thy peace.* Acts 18, 9.

NEW THOUGHT GOLDEN TEXT: *It is your Father's good pleasure to give you the kingdom.* St. Luke 12, 32.

ST. PAUL does not tell us the reason that at first he refrained from seeking converts to Christianity among those outside the orthodox Jewish church. Undoubtedly it was due to the fact that he believed that if the new religion were greatly embraced by the uncircumcised Gentiles, the possible Hebrew believer would look upon the Truth as a thing to be despised. But his experience proves the contrary.

St. Paul discovered, in this experience, that limitation was self-imposed and that compromising through fear had no part in the practice of Truth.

Many are held back from health, happiness and success because they have wilfully limited themselves to help through only well-recognized channels. They are looking at finished completeness through a very small peep-hole, and so their comprehension of perfection is narrow and meager. Unconsciously, the shoemaker limits his income by what he would consider a "good day in the shop", and the teacher makes himself believe that the largest pedagogical stipend of which he has heard is "unlimited supply". But when they climb up over the wall to look at the highest conception of Divine Perfection they are able to comprehend, God expresses himself to them in a greater and more magnificent drama of abundance than they have ever conceived. Then, because ideas seen even for a second in their finished completeness tend to make themselves manifest, in the revealing flash of quickened intuition, the shoemaker sees the possibilities in the wholesale manufacture of the special shoe he has been making by hand, or the teacher catches a glimpse of the fact that through the medium of books he can disseminate his knowledge as thoroughly—and far wider—than he can do in the classroom.

Silent Affirmation.

I hold myself in a constant attitude of non-surprise, letting health unlimited and opulence abundant reveal to me their own methods of expression.

October 18. PAUL WRITES TO THE CORINTHIANS or THE PROBLEM OF CONDUCT. 1 Cor. 13.

Bible Readings: 1 Cor. 12 and 13. 1 John, 2, 4.

GOLDEN TEXT: *Now abideth faith, hope and love, these three; and the greatest of these is love.* 1 Cor. 13, 13.

NEW THOUGHT GOLDEN TEXT: *I show you a more excellent way.* 1 Cor. 12, 31.

THE problem of conduct is one that has always perplexed humanity. How often shall I forgive this man? Am I my brother's keeper?

In the introduction to this poem on love, St. Paul is stating the difficulty of maintaining a Christian standard of conduct as long as man works from the head center alone. But, the Apostle announces, I show you a better, an easier and a more excellent way. It is through love. It is working from the heart. It is seeing with the eye of the Spirit and weighing others only by the scales of the soul. Love, he affirms, is not only an excellent measure of conduct, but it is the very power that creates the arts and crafts and conceives the friendships that knit all men into one universal, harmonious and exuberant family.

The hate and fear with which we have to fight are the result of erring imagination that foresees disaster where life has only spread the carpet of peace and destruction where Truth declares there is but abundant salvation. No carpenter would trust the evidences of his eye to test the squareness of a foundation, but we allow mortal sight and material hearing to disturb our confidence in our fellowman and to slander the divine perfection of the day.

The mortal in us is hushed when love opens the door on Soul and the Adam takes his departure when affection ushers in the ever-living Christ-Self.

Silent Affirmation.

Through loving my fellowmen, I am healed, and by appreciating the ever-present beauty I am made strong.

October 25. PAUL IN EPHESUS or THE PROBLEM OF CHANGE. Acts 19, 23-34.

Bible Readings: Acts 18 and 19.

GOLDEN TEXT: *For the love of money is the root of all kinds of evil.* 1 Tim. 6, 10.

NEW THOUGHT GOLDEN TEXT: *God will, with the temptation, also make a way to escape.* 1 Cor. 10, 13.

THE silversmiths were in a dire situation. Christianity was threatening to destroy the worship of the idols. With the forsaking of the

temples and the desertion of the shrines, they could only foresee their own unemployment.

Like these craftsmen, many a man and woman has shivered on the threshold of the new. All of us are aware of the constant change that is going on, change in us and change outside of us. What is there to do about it?

We must first destroy our fears. The initial preparation for success is to drive all anxiety from out the mind. This can easily be accomplished by knowing that no change, no condition, no problem and no situation can ever rise that the Self in us cannot readily master. The mill workers who rioted on the introduction of machinery discovered in the operating of the new factories that wages were better and labor was easier, because it was more mental.

The second step in mastering change is to realize that we have in us, unused and untrained, the very faculties that will make a startling and brilliant success of the new opportunity that has sought us. The recognition of supply and the discernment of mental equipment follow on the heels of demand as surely as morning trails night. It was the advent of winter frosts that made our forefathers think of houses and the demand for adequate protection from cold has its answer in the modern dwelling that proves man a carpenter, an architect, a sanitary engineer and a manufacturer of carpets and glass and furnaces and furniture.

Change is opportunity. It is God's method of introducing us to our greater selves.

Silent Affirmation.

I glory and pride myself in showing my ability to master every condition that challenges me.

November 1. THE FIGHT AGAINST STRONG DRINK or THE PROBLEM OF PROTECTION. Eph. 6, 10-20.

Bible Readings: Eph. 6, Psalms 94.

GOLDEN TEXT: Be strong in the Lord and in the strength of his might. Eph. 6, 10.

NEW THOUGHT GOLDEN TEXT: In every good work trust thine own soul. Ecc. 32, 23.

EVERY craftsman and engineer has his squares and levels by which he protects himself from errors. In this lesson St. Paul gives us six Truth tools which will enable us to correct our mistakes and make square and upright the banks thought is building for the stream of living Spirit.

TRUTH: "I and the Father are one." I am all-wise, all-powerful and all-loving when I live not, but the eternal Christ Self lives in me.

RIGHTEOUSNESS: I am true to myself, knowing that as night follows day, then I cannot be false to any man.

PEACE: The condition for proper thinking, living, loving and expressing is absolute unconsciousness of any discordant and opposing force. for God is All in all.

SALVATION: This is *normality*. The fanatic regards "thinking itself as something slow and hesitating, almost as a trouble", while normal thinking is "something easy and divine, closely related to dancing and exuberance".

THE WORD: This is frequently termed the two-edged sword of the Spirit. The one edge of that sword is used to *deny* the existence of all evil, while the other attains its purpose when we *affirm* the reality of the good that we desire.

Silent Affirmation.

I clothe myself in the characteristics of God-universal love, almighty power and infinite intelligence.

November 8. PAUL'S FAREWELL AT MILETUS or THE PROBLEM OF FRIENDSHIP. Acts 20, 25-38.

Bible Readings: Acts 20, Psalms 126.

GOLDEN TEXT: Ye ought to help the weak and to remember the words of the Lord Jesus, that he himself said, it is more blessed to give than to receive. Acts 20, 35.

NEW THOUGHT GOLDEN TEXT: Eye hath not seen nor ear heard, neither hath entered into the heart of man the things which God hath prepared for them that love him. 1 Cor. 2, 9.

THE pathos of this farewell letter of St. Paul's to the people of Miletus strikes a responding string. It is typical of what we have considered the ever-present tragedy of living. The good teacher must so instruct her pupils that they will one day no longer need her, and the vocation of the parents is to create the spirit of independence in their children. Experience has revealed to us the futility of endeavoring to feed the fires of affection when the days of service are numbered.

Metaphysics solves this problem when the student realizes that the years of service are infinite because the Self can father-mother the whole universal race. The home for the parent and the school for the teacher are only the kindergartens where Soul becomes conscious of its ability to lovingly create. The next step is to advance from one to many loves. As those we have instructed and served have responded to our concentration and become greater for our influence, so we know that the font of knowledge in us can never run dry as long as our eyes are lifted in hope to the friends of the coming years and not drooped in mourning for those who have drank from our Spirit to fullness.

Because we have today been enriched by one friendship, that is the unfailing promise that we may grow even more fulfilled in the happy attachments that fill tomorrow's chalice.

Silent Affirmation.

Because the past has been good and gracious to me, I know that in the future I shall taste of a prosperity of which I have been unable even to dream.

MEN walk as prophecies of the next age.
—EMERSON.

Nautilus Co-operative Study Club

EVERY Subscriber to *Nautilus* is a member of this *Nautilus* Co-operative Study Club without cost other than the \$1.00 for subscription to the magazine.

He becomes an Active Member of the N. C. S. C. (Nautilus Co-operative Study Club) in full fellowship, by carrying on the study club work as given month by month, beginning it HERE AND NOW. Those who are faithful to the work will need no correspondence; they will find their questions answered in the Silence. CLUB COMMUNION in the Silence aids all faithful members to the solution of their individual problems. Each for the Good of All and All for Each, the Heavenly Father "doing the works".

LOCAL STUDY CLUBS: Every Active Member of the N. C. S. C. may aid his friends and himself by forming a local N. C. S. C., thus entering into the complete needs of Club Communion, by adding the PRACTICE or EXPRESSION of Co-operative Study in groups, meditating and expressing together in divine freedom. Such Local N. C. S. Clubs should consist of from three to thirteen members, each of whom should be a subscriber to *Nautilus*; all of whom may, however, be served by one subscription, if deemed necessary.

ACTIVE MEMBERS of the N. C. S. C. may become REGISTERED STUDENTS of The American School of Christian Metaphysics and Psychology, by sending in a bi-monthly report of work done, each report accompanied by a love offering for the support and extension of the work.

Anyone teaching successfully the present course of instruction to children is entitled to credit, as outlined herein.

Each month's work well done counts five credits for an Active Member, with a possible five additional credits each month for successful work, as leader, president or secretary of a Local N. C. S. C. All these credits count toward the Master of Co-operative Practice degree, conferred by The American School. Prospectus of the School may be had by addressing the American School of Christian Metaphysics and Psychology, 247 Cabot Street, Holyoke, Mass.

Questions Answered

On Child Problems

We have arranged with Mrs. Carter to answer (through this department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.



LITTLE LESSONS IN NEW THOUGHT PSYCHOLOGY.

An A-B-C Presentation of the Principles of New Thought for Very Little Children.

BY
ALBERTA M. CARTER



LESSON 7. HOW LOVE GROWS.

LITTLE June got up very early one morning to see the sun rise. She watched the long straight rays of light while she waited for the great, golden ball. When it came and moved up, up into the sky, June noticed that everything it touched became lighter and warmer.

"The sun touches everybody who goes out where he can reach him, mother," said June, "and things seem to smile back at him. He has taught me a new game."

When her little friends came to play, she told them what she had found out, and they all began smiling back at the sun. They danced and laughed until their faces shone with health and brightness. Even Bobby Jones forgot to whine, and Maybelle didn't pout, because they were so busy smiling back.

That night when June went to bed, she told her mother that she had found out a great secret—the sun's secret.

"I never liked Bobby and Maybelle until today," she confessed. "But when they smiled back at the sun, they looked so pretty that I loved them as much as the other children. I guess if we love others they will love us. That is what the sun told me, and I am going to love and smile upon everybody, now."

I smile because I love you,
Won't you please smile back at me?
We'll fill our lives with lovelight,
And feel happy as can be.

LESSON 8. FILLING THE DAY WITH GOOD THINGS.

POLLY was given a whole day which she could use as she wished. She thought she would like to know what was already in the day. So she ran out of doors and saw the sunshine, clouds, trees, birds, animals, people, trains, automobiles, houses, etc. She heard the birds sing, crickets chirp, dogs bark, cats mew, telephones ring, children call, whistles blow, the radiophone, etc. She

felt the warm sun, the cool wind, the soft grass and the hard pavement.

She smelled the flowers, the fruits and vegetables.

She tasted ever so many good things to eat and drink.

Then she was ready to fill up her day. And this is how she did it:

She fed the cat, the dog and the chickens; she cleaned the bird cage and put in water and food; helped her mother with the dishes, then ran errands. Remember—she was only doing what she wanted to do. She carried flowers to a little sick friend, stayed awhile and played. She helped an old lady across the street. She swept the walks and watered the plants, then helped her little sister build up her blocks. It seemed to Polly, that whichever way she looked, something lovely was waiting to be done. She sang as she worked or played, and people passing said, "What a happy girl". In the afternoon, when the neighbors' children came over to play, Polly had a "pretend" party dinner. It was such fun to imagine they and the dollies were eating ice cream and cake.

At night she put little sister to bed and arranged their shoes and clothes in order. The day had been so full that she fell asleep before she had counted half of the things she had done.

Day by day, I work and play,
Better and better
In every way..

MRS. CARTER'S ANSWERS TO QUESTIONS.

MRS. L. J. R.—It looks to me as though that is a case of too much ego in your little son. He was, no doubt, petted and made much of before his little sister arrived, and now misses the many attentions previously showered upon him.

His speaking other names for things than the ones you give is, I believe, simply his desire to stand in the limelight and attract attention. I feel sure that is the cause of what you term "his contrariness".

Now, if you will simply ignore his foolish opposition, instead of becoming provoked and commenting upon it, he will cease to find pleasure in his negative statements.

There was never a greater remedy given for overcoming difficulties than that taught by Jesus the Christ—"Agree with your adversary". It takes two to quarrel, but if two become *one* in agreements, all annoyances vanish like the mist before the sun. Say to your little son, "Yes, that is a good name". Then, at night, when he is sleeping, stand beside his bed and affirm, "You are not contrary; you are not jealous; you are not egotistical. You are God's loving child, and you always speak the truth."

MRS. H. L. P. S.—If you will only look back of your granddaughter's mother you will find that her *real* inheritance is from God, and that it consists of a very kindly, loving disposition.

Temper is a strange thing. It is only inflammable when rubbed the wrong, rough way. I once knew a little girl who had terrible tantrums when with her mother, but when she went to live with

her grandmother, who looked only for the child's good points, she glowed with a beautiful spirit.

Don't hold up her mother's faults to her. If you will just begin and count the former's good points, you may surprise yourself. Then forgive—seventy times seven times.

Temper is from tense nerves and, naturally, aggravates the bed-wetting. Suppose you begin to tell the girl how pleased you are at her overcoming her unruly disposition. Then, if in an unguarded moment, she does not control it, calmly affirm in your own mind, "It's nothing at all. The storm is passing. All is peace".

A girl of twelve resents faultfinding. She enjoys being a "light bearer". Try praising the light which she carries. There is no better statement than Elizabeth Towne's "You are good, you are! You are! And I love you". Please give it a trial.

MRS. L. H.—Have you had Robert's eyes examined? He may not see well. Many children have been called stupid and were slow at learning because of some defect in the eyes.

Try to get back of his dislike for school. He is very young to show such opposition. Perhaps the older children tease him or the lessons do not appeal to his interests in life.

Have you placed before him attractive books and magazines? Most boys like to play store or sell lemonade, and in the making of change use real arithmetic. John Martin's book is a fine magazine for boys of his age...Wee Wisdom (Unity) is another.

I believe if you would go with him to the children's department in the public library and get him interested in the many books for children, he would soon want to study.

Never speak of his lack of readiness in learning, but note every gain and give it due praise.

Always hold this thought in mind, "God is your intelligence, Robert", and especially affirm it at night and when appearances seem to be otherwise. You will soon notice a great improvement in him.

Rest Awhile!

By J. M. STUART-YOUNG

COME ye, and rest awhile.
For weary is the road.
Stay ye, and rest awhile
How easy is the load.
Rest, mortal, rest—
For Home is far away;
And prayer is best,
At sunset of the day!

Come ye, and rest awhile,
For heavy is the heart;
Come ye, 'tis best awhile
To kneel and pray apart.
Come, mortal, come,
Here is Love's gentle breast:
This is thy home,
And here for thee is rest!



Things That Make For Success

And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.

To Correspondents

Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize.

To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 8 years. Or, 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each six months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS

Success Letter No. 1005.

A BOY IN THE PHILIPPINES GAINS HEALTH AND 11 POUNDS IN WEIGHT THROUGH NEW THOUGHT.

I AM a boy of 15 years and had no good health. I am interested enough to know the secret of acquiring the soundness of mind and body. But I failed in my search. So I have to dig more beneath the surface in order to find the accurate solution of health problems. Being tired of my search for good health, I gave up the desire to become healthy not knowing that health could be attained only by going into the silence.

One day as I ruffled down the pages of one of the magazines of The United States, I saw your advertisement which run in this way: "You can become the man you want to be by going into the silence." At this statement I was awakened that I opened my eyes in such a way that my sight and attention was focus to the advertisement.

Without any hesitation I sent immediately ten cents in stamp for a trial subscription to the NAUTILUS, A MAGAZINE OF NEW THOUGHT. After two months I received the first copy of Nautilus. The first copy of Nautilus

was found to be interesting that I read it from cover to cover digesting its contents.

After two months I received two copies of Nautilus. I read it with an open mind and heart and apply its teachings and directions into actual practice. Every month I received a copy of Nautilus for study. I affirmed for health and unify my thoughts with action. For about ten days I found out that there was a change of feeling in me. Moreover, it seems to me that my future now is very bright and all tortures and agony began to subside.

Afterwards I weighed myself and to my surprise I found that I had gained eleven pounds (11). I gained this increase of weight through going only into the silence and through silent affirmation. I believe that in the future I will have the thing I wish to attain.

Through Nautilus I found a solution of acquiring health. Nautilus guide me to the place where I can accomplish my aching desire. Felipe T. Nadela, P. I.

Success Letter No. 1006.

DEMONSTRATED SOUND SLEEP AND A GOOD POSITION.

ABOUT six weeks ago I wrote to you. I was sick and so discouraged with everything. I was discouraged with business. I am a buyer in a department store, and I couldn't get merchandise any more, and I had just been operated on for throat trouble, and it seemed everything was going wrong. I had read two or three copies of Nautilus and I knew I was living beneath my privileges. So I started putting what I read into practice. First of all I couldn't sleep nights, my throat and nose hurt me so. But I started in to demonstrate peaceful sleep, and in three nights I was sleeping fine. I had forgotten to even think I couldn't sleep. So far so good. I would lie flat on my back and deny over and over again that burning pain, and it went away.

But I was worried. I had my doctor's bill to pay, also my hospital bill, and I knew our store was losing out, so I still held on to old man gloom, until I remembered God could turn the tables for me regarding business as well as sickness. So I started to declare a position with more money. I never asked for it. I was so positive in my heart that I started making arrangements to move somewhere else, when I had letters from two different firms asking me to affiliate with them. Both places mentioned were in my own line, and I had just about decided on one place when I was called to the phone and a voice asked, "Miss Richardson?" I said "Yes". He said, "Come to the store as soon as possible; I want to see you right away".

I was employed by the owner of that store at a better salary, and I have all the chance in the world to promote business. Instead of one department I have two to buy for, and I can now see my way out of it all.

I want to say this man who called me up never saw me. In fact this store fell into bankruptcy and was purchased by strangers, and I am the only employee called from the other store. So truly, God does work in mysterious ways His wonders to perform.—E. R., Iowa.

Success Letter No. 1007.

BABY'S ILL TEMPER QUICKLY CURED BY SUGGESTION DURING SLEEP.

HAVE HAD wonderful success in the last two months or so helping others through New Thought. I helped my husband to make \$2,000 in about ten days when it seemed not a dollar was in sight. I had only just learned to pray rightly, too. Then I used suggestion for my baby's temper which seemed about to ruin her entirely and in three days I was astonished at the change in her; she's sweet, loving and sunny from morning till night now, and sleeps soundly all the night through, too, since then. She's two and a half years old.

Then I helped my neighbor who was dreadfully ill in bed with what her doctor called cancer of the uterus. I prayed for her for a week and she got up—has been up since then and now is helping with the family washing. Am also praying for my brother who has been told he has diabetes and the last report I have from him (he's in Chicago) is that everyone is amazed at the great change in him. He's looking so well and feels fine. Now, don't you think I have reason to be glad and grateful to you and *Nautilus* for teaching me the right way?—J. G. B., Fla.

Success Letter No. 1008.

FOR THREE YEARS DAUGHTER AND BROTHER'S FAMILY HAD BEEN ESTRANGED FROM US. NEW THOUGHT RESTORED LOVE AND HARMONY IN LESS THAN A WEEK.

ABOUT four years ago my husband was taken to the hospital, leaving me with two children and expecting another little one. We had

nothing to live on except what my husband earned, and this left me seemingly destitute.

I had known something of New Thought for some time, so began immediately to practice it to the best of my knowledge. I used morning and night and many times during the day an affirmation for prosperity. Almost at once work began to come to me that paid well enough to enable us to live. Good things to eat, clothing, coal and money came from entirely unexpected sources. Just before my confinement a lodge sent me much needed bed clothing, clothes for myself and the little stranger, also provided a physician and a lady to take charge of my home and care for me and my children.

I began my work just as soon as I was able, and a little later was offered a mother's pension very unexpectedly, indeed, as I did not even know our State had a mothers' pension law. Since then I have known others who applied for this pension but have not known anyone to receive it, which proves what the use of New Thought will do. This pension, with my work, enabled us to live until my husband came home very unexpectedly, as, after leaving the hospital, he had gone to parts unknown instead of coming home to care for his family.

For three years my brother's family had refused to even speak to us. My married daughter imagined herself unjustly treated and, although living in the same town, would not come home.

I tried sending thoughts of love to each of them every night after I had gone to bed. The very next day my daughter came home and has hardly missed coming a day since. In less than a week my brother's wife came and, speaking for her whole family, asked me to forgive them and begged me to be friends again and not to hold any hard thoughts against them any longer, as they felt that life here was too short to live this way. She said something that she could not resist impelled her to come. New Thought has, indeed, proven a blessing to me.—MRS. L. L., Ind.

THE PRIZE WINNER for September *Nautilus* is H. S. Brevoort, M. D., Texas, who wrote Success Letter No. 1002. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

FOR WORLD PEACE

WE the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year.

We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood. We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.

Beginners' Department

Edited by and for Beginners

Healing Pain

TODAY I received my copy of *Nautilus* and was just looking over the contents page when I came to the Beginners' Department. I turned to page 41 and read it. Now the evening before this I was taken with a severe pain in my right shoulder and suffered very much with same. After reading this department I said: It is useless for me to suffer like this, and I believed that I could be healed, and I began to feel better. Then I said: I will rub my arm three times in the name of God the Father and the Son and the Holy Spirit. And I began; one stroke in the name of God the Father, one stroke in the name of God the Son, one stroke in the name of God the Holy Spirit, and as I said this I rubbed my arm down, and I have not felt any pain from my shoulder since.

This is the first time I have tried to prove anything that I read in the *Nautilus*, but this one thing has made it worth its weight in gold to me. May God bless you and all that are working with you.—MRS. A. D., Texas.

By Making Herself a Radiant Center She Attracted a Home and Mate

By FLORENCE M. WELLS

WHEN barely twenty I married a successful promoter and politician. It was soon evident how dearly the success, financial and otherwise, was being purchased. This was in the pre-Volstead days, with their consequent so-called "good fellowship" among men. This life is as naturally followed by broken promises, lowered moral standards and desecrated ideals, as the night is followed by the day.

The money, easily made and freely spent, was supposed to compensate for any heartache or disillusionments—for the coming to know that one's god has wooden feet. We traveled extensively, living at the best hotels and apartments. Often our guests openly expressed their envy: "How wonderful to have means and leisure. Your life is one long holiday." So does the human mind judge from the outer. How amazed and incredulous would they have been to see the vision in my heart. For during twelve kaleidoscopic years the girlhood dream of a cozy, vine-covered cottage set high upon a knoll, nested among the trees and mountains, had persisted. The details of the little house were so clear cut and definite to the point that I used to visualize myself walking up the winding path with its adorable stepping stones right across the threshold into the Peace with which it was filled. At times this dream was my only solace.

At last the inevitable happened. There was a separation that left me embittered, humiliated, adrift. I was supersensitive and equally resentful

of either too much attention or too little. If my friends were too considerate, I read into it only pity; if they left me alone, it was indifference.

A thorn in the side of both myself and those about me, I entered the business world—and made good. But this brought only passing satisfaction.

Restless, aimless, hopeless—the Higher Intelligence only could have seen the spark that might be kindled into a flame.

Wandering along an avenue in Seattle, Wash., one late afternoon, I passed an old second-hand bookstore. A motive power stronger than I turned my steps in that direction. Close by the door was a large table piled with pamphlets and small books. Looking up at me, as though it had waited long, was a little booklet called "Just How to Wake the Solar Plexus". A few moments and I was on my way home with a copy that I could scarcely wait to open.

The idea of identifying the Son with Sun (set forth in the booklet) was my illumination. From that hour I began to affirm that I was a Sun. Nothing could keep me from shining. As dew dissolves before the physical sun, so all ugliness, discord and unworthiness should dissolve—before my Sun. And it did. Not in a day or in a week. The good things do not come without effort and long vigilance. I have smiled through tears. I have affirmed I was shining when blackest dark seemed to envelop me—when the old sense of being cheated was strong upon me (self-love, you see). And I have arisen in the night to snatch a helpful word from the little talisman. But in time the buds came. Some day they will blossom. There is plenty of work to be done in the vineyard yet, but it is much to have made a start.

With the inner and the outer showing co-ordination, and the inner Sun's radiations becoming more steady and dependable, it was noticeable that I began to attract where I had repelled. And I drew to me the very one, the real companion for whom we are all seeking. Mr. Wells and I were married this last Christmas.

On the following day we motored up to the mountain home where he had spent many holidays, trusting that, in time, the one might come who would enjoy the solitude—that is so alive—as much as he.

I think she has come for, lo, when the rustic cottage was reached it was found to be high upon a hill, with a winding path leading up to it that welcomed one. The tall, live oaks whisper their messages at the open French windows today as I write; and the bluebirds, orioles and Mr. Wood-pecker, with his saucy red cap, keep me company. The door isn't vine-covered, it is true, but there is a pergola—palm-protected—and encircled by nasturtiums and flowering myrtle, under which we have tea on warm evenings. There has been six months of absolute contentment, radiant joy and growth undreamed of. I wish the whole world might share with us in the Peace we have found.

My understanding of the principles involved are: That by realizing my Sonship with the Father and bidding the light shine forth, the channel—through which the Divine Power must work—was cleared. Just as we would remove obstacles and obstructions when hueing our way into a thicket. The path once opened, it was only a matter of time until the Great Consciousness, tenderly enveloping and enfolding us, would gladly externalize for us the earnest desire of our heart. This it was possible to do because, by the persistent holding of the image, by never denying or negating it, we had formed a center in the spiritual toward which the forces of attraction would surely work. We had created proper conditions, then spoken the Word of Positiveness—which invariably brings results.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"O wad some power the giftis gie us,
To see ourselves as others see us,
It wad frae mony a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our ELTO SERVICE (Price \$5 plus Love Offering). We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—THE EDITORS.

A. C. T.—To be honest and to give good service is not enough to insure success. You need to take into consideration ALL the factors connected with your enterprise if you are to succeed. For instance, if you started a millinery shop in a desert, twenty miles from any house, you would not expect to make it a success. To succeed one must work *with* the laws of success, *row with* the tide and not against it. Now, in your case, it may be that your field is not large enough to warrant success. It may be that you do not devote enough attention to advertising, by your window displays, and in other ways. It may be that you have kept your own needs and desires so much in mind that you have not always caught your customer's viewpoint, and thus sold not only hats but that satisfaction and pleasure which makes a friend and permanent customer of each one who makes a purchase from you. So long as you allow yourself to get "in a panic of despair" you are not in a frame of mind to make friends and customers. You are too absorbed with your own feelings. Now just face the situation calmly. If you have overlooked some important factor in starting the venture, if you have too small a field from which to draw custom-

ers, the sooner you find it out and try something else the better. If, however, you are convinced that there is sufficient business if you can get it, then turn your attention to making more contacts and to making each one who comes into your store *feel* like coming again. Practice *radiating* good will. Smile. It will be good for business and better still for you. You are a thousand times greater than this business. If you should finally fail to make it become self-supporting, there are a thousand other opportunities in the world, and unlimited capacity for success within yourself. You can find a way to success, either where you are or elsewhere, provided you LOOK for success and ways to succeed instead of looking for failure. At present you are hypnotized by the fear of failure to such an extent that you do not think of new ways to succeed. New ways of making your shop and your hats more attractive, and your service more *pleasing*. If you will start to thinking and *radiating* along this line you will soon find success growing and your desire for success fulfilled, either in your present undertaking or in some other way. You are now hypnotized by fear thoughts to such an extent that you magnify mole hills into insurmountable obstacles. By creative activity, experience and the use of your own common sense, you can dissolve seeming obstacles to your success.

M. T.—You failed because you did not take into consideration ALL the factors of success. At some point either your service was lacking or your method of gaining contact with possible customers. Possibly your location was poorly chosen, or you did not take enough pains to make your customers *feel* like coming back, or you did not advertise to get new customers. By advertising I mean window displays or any other method of reaching the attention of the public. It seems quite likely that in your case failure was due to lack of capital to support you until the business could be placed upon a paying basis. It takes time and effort to build a business. It does not spring up spontaneously, except in the case of some unusual and original invention or some original and striking advance in the matter of service offered to society. Perhaps you could secure the necessary financial backing if you consulted an experienced banker and he found your proposition sound.

MRS. M. A. R.—No one can work against you in thought unless you yourself permit it. It is a foolish way to use your faith. Be glad about the other members of your family making even what you call your own demonstrations. It happens because you fear you won't make your demonstrations and because you are envious of another's results. Every demonstration made helps all of us, so go on your way rejoicing and your Good will come to you.

V. P.—I would consult a good hairdresser. In addition give your hair plenty of air and sunshine, using Nature's restorative powers. Stop at once your condemnation and bless your hair every time you comb it, and think of it by using this affirmation: "God's Love restores, harmonizes, and beautifies my hair". Remember it is God's life in expression, therefore GOOD.



Mrs. Towne Hopes She May Meet You in Europe!

OUR Elizabeth Towne sails on the Mauretania September 23 for three months' visiting in Europe. Mainly visit! She will have no "work" of her own while abroad, but will be glad to co-operate with and speak for all the established centers so far as practicable, in accordance with her new office as I. N. T. A. Director of Organization of the International New Thought Alliance.

Mrs. Towne's residence while in London will be Royal Palace Hotel, Kensington W. 8.

Her first public appearance in London will be under direction of Mr. Charles Wase, President British Section I. N. T. A., who has just cabled as follows: "Have arranged School reception second October, Aolian Hall, important afternoon, fourth Rally Rendo lectures. Also Birmingham probably eighteenth for big meeting".

Arrangements have also been made for Mrs. Towne to speak at an I. N. T. A. meeting Sunday morning, October 4, at 11 o'clock, at Mortimer Hall, 93 Mortimer street; topic, "Making Success Immortal".

On Friday evening, October 30th, at 8 o'clock, she will speak for the School of Divine Science and Fellowship Center, Miss Sophie Nicholls, leader, 38 Great Ormond street, Queen Square, London, W. C. 1. Her topic will be "The Practice of the Presence of God in All of Us".

These announcements are given subject to change. They can be verified at either of these addresses, or at Rally Rendo, 39 Maddox street, London.

Yes, she will visit Paris, Berlin and other European cities, and hopes to meet her New Thought friends everywhere.

The greetings and blessings of All of Us over here go with her to All of Us over there.

* * *

The I. N. T. A. Congress, as Seen by Harriet Hale Rix.

THE Twelfth Annual Congress of the International New Thought Alliance has come to Los Angeles and gone, bringing hundreds of visitors with glad, shining faces, ready to receive and give of their riches. Never was there a greater assembly of God's devoted stewards, never a more harmonious gathering. Our local preparation of one year's service has been well repaid, leaving a greater unity and love among all truth centers and teachers. From five hundred to two thousand gathered day and night, each one patiently waiting amid heat running above ninety degrees, concentrating upon each speaker earnestly, for the "Pearl of Great Price" that was their promised

portion. And it was to be found in each message, for we have never had a Congress of such evenness of constructiveness, the absence of negativity being most marked.

The Twelfth Annual Congress of the International New Thought Alliance, held at the Ambassador Hotel, Los Angeles, July 11-21st, was a most glorious success. Although the heat was quite unusual for Los Angeles, the attendance at every session was marvelous and the interest vitally sustained throughout the week. Internationally known speakers participated, and the great keynote struck in every lecture was appreciation of the Christ in the midst. Elizabeth Towne, with her inexhaustible dynamo of Christ spirit and love, admirably presided at almost every session, and everything moved forward as a divine symphony in harmony, order and enthusiasm.

A wonderful get-together spirit pervaded the whole Congress, and those who have attended previous Congress sessions pronounce this one the most glorious of them all, although each lent its particular blessing to the world. An attractive silver vase was presented to Elizabeth Towne in appreciation of her untiring service to the people. This was given by the people, who not only gave of their love, but of their substance, so that over \$3,000 worth of expenses were instantly met in this Congress week, a wonderful proof of how easily the overflowing abundance of God is ours if we but co-operate in the get-together way.

Mr. G. Rupert Lesch was elected president, a man of sterling qualities, who has already proved his value to the I. N. T. A. by "putting over" the Buffalo Congress so splendidly. A delightful banquet and reception were part of the Congress week which proved successful in helping us to realize we are all one and that Christ in the midst is the great unifier. The week was concluded with pleasure trips to Mt. Lowe, Catalina and the Pilgrimage Play. The work of this week will be Christ-leaven to the whole Truth movement and will live immortally in the hearts of all who attended as one of God's holy blessings to mankind. —(Quoted from *The Master Mind*.)

* * *

Suggestion by a Wife Cures Husband of Smoking.

FIVE years before I heard of New Thought and *Nautilus* the Divine Hand led me to practice suggestion. For nearly thirty years my husband smoked cigarettes, and he was a very heavy smoker. When his throat showed signs of constant irritation, I put suggestion into practice, and within six months he dropped the smoking. It is now two years since he gave it up, and he has no inclination to smoke, not even when he sees others doing so in the club and in the house. It does not seem to appeal to him any longer. I have not told him and he has no idea of what has been done, but as it was done in love it was granted.

I tried this, as I had had wonderful success a few years before in healing him of some other fault he had. I asked in Jesus' name, in the name of Love.—S. H. M., Myitkyina, Upper Burma, India.

Ever Take An Internal Bath?

By T. A. Ballantyne

This may seem a strange question. But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can laugh at disease and glory in vitality—you're going to duplicate my experience now.

To me, and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge. So I tore off a coupon similar to the one shewn below, and, in return, got a booklet named "Why We Should Bathe Internally."

What Is An Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination a new fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case.

A bona fide internal bath is the administration into the intestinal tract of pure, warm water sterilized by a marvelous antiseptic tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus \cap . The enema cleanses but a third of this "horseshoe"—or to the first bend. The J. B. L. Cascade treatment cleans it the entire length—and is the only appliance that does.

Why Take An Internal Bath?

Here is why: The intestinal tract is the waste canal of the body. Due to our soft foods, lack of vigorous exercise and highly artificial civilization nine out of ten persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

The headaches you get—the skin blemishes—the fatigue—the mental sluggishness—the susceptibility to colds—and countless other ills are directly due to the presence of these poisons in your system. They are the generic cause of premature old age, rheumatism, high blood pressure and many serious maladies.

Thus it is imperative that your system be free of those poisons. And the only sure and effective means is eternal bathing.

Immediate Benefits

Taken before retiring you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—re-made. That is not my experience alone—but those of 800,000 men and women who faithfully practice this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious, vibrant health!

Send for This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There's a chapter in "Why We Should Bathe Internally," by Dr. Turner that is a revelation. There are letters from many who achieved results that seem miraculous. As an eye opener on health, this booklet is worth many, many, many times the price of that two-cent stamp. Use the convenient coupon below or address the Tyrrell Hygienic Institute, Dept. 226, 152 West 65th Street, New York City—NOW!

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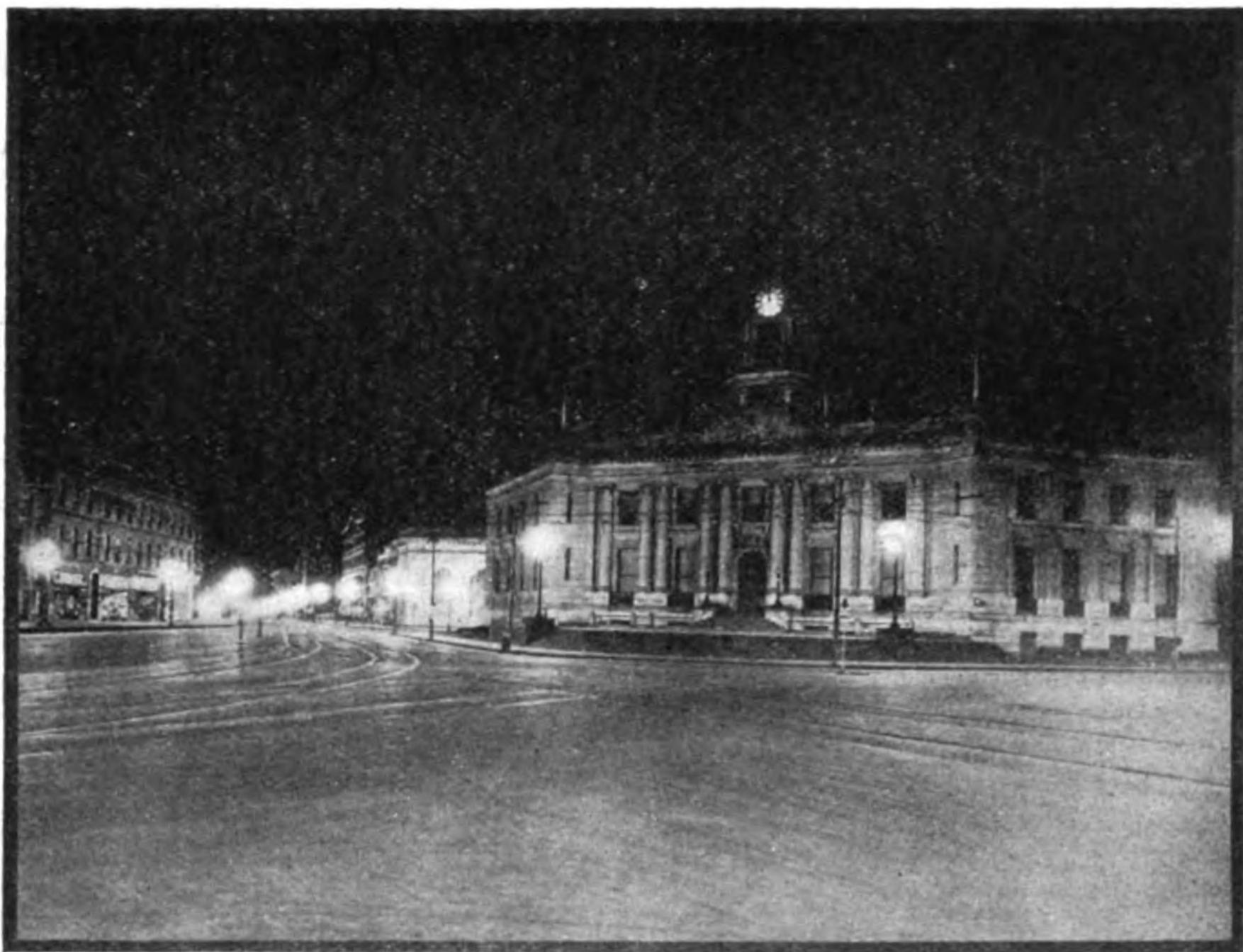
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Say you saw it in NAUTILUS. See guarantee, page 5.



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Fourteen advantages

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Your city may be interested in all these points, or in but a few. Talk it over with your neighbors. Decide which points to call to the notice of the city officials. And tell them that the illuminating engineers of the General Electric Company will supply plans that have proved their value in other cities.

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6. Help for the fire department
7. Less crime
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9. Promotion of other improvements
10. More industries
11. Increased real estate values
12. More sanitary condition of streets
13. Improved traffic control
14. Fewer traffic accidents

GENERAL ELECTRIC

Say you saw it in NAUTILUS. See guarantee, page 5.

Catarrh, Etc.

Your blood, containing fruit acid, is the only substance that can dissolve any mucus or "paste" in your system.

Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., when used beyond your capacity, or in wrong combinations.

100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of the bowels (colitis), etc.

Correct Eating Cures



Pure juice from grapefruits, without sugar, and pure tomato juice, berries, etc., when used as freely as water and combined with adequate quantities of brain-and-nerve nourishing foods with stimulative and laxative vegetables, can prepare your blood for dissolving mucus.

Fresh fruit acids clean a stomach that is suffering from mucus or acidity. Hyperacidity, acidosis, is produced by mucus from fermenting foods, just as vinegar is made from fermenting sugar, syrups and fruits. But fresh fruit acid when correctly combined is always beneficial.

Objectionable features of catarrh are expectoration, "hawking", "running nose". In a singer or speaker, a career, a life work, is ruined by a little flocculent matter on the vocal cords producing hoarseness, forfeited engagements, missed opportunities, etc. Deafness hinders advancement in business. Noises in the head make the sufferer irritable, and irrational.

Tubercular Catarrh

A deposit of mucus in lungs is often suppressed by medicine made from coal tar derivatives. The cough is sometimes quieted, but the mucus remains to form the seat of tuberculosis.

Why Envy the Live-Wire

Mucus when present in large quantities prevents the nerves from assimilating their due nutriment. It is a cause of undue fatigue.

Stop using mucus-making foods and learn to take brain-and-nerve foods, etc. Build yourself into a go-getter, a live-wire, an untiring person, internally clean, who turns work into pleasure.

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BRIAN M. CASEY,

Fort Lee, N. J.

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Say you saw it in NAUTILUS. See guarantee, page 5.

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Through FEAR you can drift into a depressed state where you are repressed and limited mentally, physically, socially and financially. ARE YOU UNHAPPY? If so, fear is at work. DO YOU LACK FRIENDS? If so, fear stands in the way. IS IT HARD FOR YOU TO MEET STRANGERS OR EVEN FRIENDS? If so, you lack confidence and self esteem which are forms of fear. IS LIFE MONOTONOUS? If it is due to the fact that through fear you are not using your natural powers and harmonizing with life. IS THE OTHER PERSON PASSING YOU IN LIFE'S RACE and causing discouragement and the thought that life is not fair? You may be sure if this is true that you are limiting yourself and that it is lack of understanding and fear which is causing it. The fault lies within YOU. You possess all the essentials to a life of success, but certain conditions must be met and perfect confidence shown or lack of success is certain. IS YOUR AMBITION WEAK? It wouldn't be, I assure you were it not for the discouragement fear has created. ARE YOU SELF CONSCIOUS? This is an "inferiority complex", which in other words is FEAR OF SELF. DO YOU SUFFER FROM NERVOUSNESS AND PHYSICAL DEPRESSION? Nine times out of ten such a state is the result of fear.

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I was earning \$25 a week as a stenographer and secretary to the general manager of one of the largest paint companies in the country. I was ambitious, and read many magazine articles on "how to succeed". Many of these gave the views of famous men, and I soon found that each successful man gave just about the same directions

"Work hard with enthusiasm. Be industrious, persistent, and determined. Have sincerity, earnestness and self-confidence. Cultivate self-control, tact, patience, and imagination. Learn to concentrate. Keep good health and good appearance, etc., etc."

I examined myself honestly and found that I was doing all of these things, yet I didn't see that I was likely to become successful because of these personal qualities alone. I finally decided that the famous men were either keeping back their real secrets, or else that they really didn't know just why they had succeeded.

Then one day my employer took me with him to a luncheon of the Commerce Club. Mr. Brown Landone was scheduled to speak and I was to make a shorthand report of his lecture.

Mr. Landone's ideas about success were so different! I was startled to find that he agreed with me about the advice given by successful men. In place of recommending the cultivation of a varied assortment of essential personal qualities, he named and explained five simple "factors" that he had found behind all success, and which, taken together, will guarantee success in any line of endeavor.

When the talk was over I joined the group that surrounded Mr. Landone and finally got a chance to ask

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